KIDNAPPING HAUNTS MCMYNN FAMILY, PG3

Celebrity pg 30

Brangelina take Oscar kid break

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Fringe moving production to Vancouver

TELEVISION New York City's loss is Vancouver's gain as Fox's big budget sci-fi series Fringe is moving production here.

The change is also a homecoming for the show's lead actor, Joshua Jackson. The Vancouver-born hottie plays an FBI agent who solves unexplained phenomena.

Joshua Jackson

Fringe is actually set in Boston, but the first season was filmed in New York after that city offered better tax incentives as part of a $658-million US fund, according to Jaunted.com.

The incentive became so popular — Ugly Betty moved production to New York from Los Angeles because of it — that the money ran out Feb. 1, five years sooner than expected.

METRO VANCOUVER

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Your Money
• The Smart Cookies have advice on where to find financial tips online, pg 22

Health
• Tips on how to eat healthy while cutting down on your grocery bills, pg 27

This week
• Auto — some top-value cars on the market.

JEFF HODSON/METRO VANCOUVER

RCMP Const. Gerry Rundel leaves the Braidwood Inquiry in downtown Vancouver yesterday.

Dziekanski 'resistant'

RCMP officer testifies language not an issue at Taser inquiry

JEFF HODSON
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In the seconds before he was Tasered, Robert Dziekanski was "resistant" when he threw up his hands and stalked away from police at Vancouver's airport, an RCMP officer said yesterday.

Const. Gerry Rundel, testifying more than 16 months after the death, said Dziekanski understood when commanding officer Cpl. Benjamin Robinson told him "No" as the Polish immigrant bent over his luggage.

Dziekanski stopped, stood up and then with a "quick flash of his arms" signalled that he was leaving.

"It said to me, 'the hell with you guys, I'm out of here,'" Rundel said.

Dziekanski, who did not speak English, then "disobeyed" Robinson when he began to walk away, his behaviour changing from non-compliant to resisting, Rundel told the Braidwood Inquiry into the death.

Under the RCMP's use-of-force spectrum at the time, a Taser could be used on someone resisting police.

"I don't believe the language barrier was an issue," Rundel said.

Dziekanski then moved toward a desk and turned quickly into what Rundel described as a "combative stance" with both fists in front of his chest and a black stapler in his right hand.

"I recall fearing for my safety to a certain degree," he said.

One of the officers, Const. Kwesi Millington, fired his Taser at Dziekanski.

Rundel expected him to fall, but Dziekanski remained standing still clenching the stapler.

Cpl. Robinson then told Millington to "hit him again."

The Taser fired for a second time dropping Dziekanski.

Rundel's testimony is expected to continue today and be followed by that of the other three officers involved.

Video play

• Robert Dziekanski's mother, Zofia Cisowska, left the courtroom in tears yesterday as a video of the incident was played.

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Man in stable condition after shooting

VIOLENCE A 29-year-old man is in stable condition after undergoing surgery yesterday following a shooting near Fraser Street and 12th Avenue.

Police were called to the area around 10:40 p.m. on Sunday after residents reported hearing around 10 gunshots, Const. Jana McGuinness said.

When police arrived, the victim was gone.

"A short time later a 29-year-old man turned up in a nearby hospital suffering from gunshot wounds," McGuinness said.

"The man is known to police, however, investigators have not determined at this point why he was targeted."

The shooting — the Lower Mainland's 13th in a month — came hours after an anti-violence rally was held at Surrey's Central City Plaza.

Roughly 600 people, including victims of crime and their families, attended the event to demand the community and government come together to fight the escalating gang violence.

Local NDP MPs Dawn Black and Don Davies told the House of Commons yesterday that British Columbians need immediate and effective action to combat crime.

"The government has presented no coherent strategy for crime prevention or diverting high-risk youth from gangs," Davies said.

Black and Davies asked for funding for 2,500 more police officers, tougher bail conditions for gun crimes and more prosecutors.

KRISTEN THOMPSON /METRO VANCOUVER

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Wear pink tomorrow to fight bullies
Premier Gordon Campbell has announced tomorrow as Anti-Bullying Day in B.C. People are encouraged to wear pink shirts to show their support for the campaign. METRO VANCOUVER

Local

Police chief resigns

West Vancouver's police Chief Kash Heed, left, has resigned after nearly two years on the job. Insp. Jim Almas will serve as acting chief until the position can be permanently filled. Heed made his name as a strong supporter of the creation of a regional police force to combat escalating gang violence. METRO VANCOUVER

News in brief

ROAD CLOSED The intersection of Main Street and East 44th Avenue was closed for several hours yesterday as authorities investigated a serious collision involving an elderly pedestrian. Police said the woman was hit by a car around 11 a.m.

SAFER ROADS The number of deadly accidents on B.C. roads fell 26 per cent in 2008 to 304, compared to 411 four years earlier. Police said the drop is due in large part to the success in enforcement and prevention programs.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Footage from the coast guard's dramatic rescue of a sinking Spanish trawler's crew at **metronews.ca/canada**
Blogs Love Bytes offers up advice on breaking up
Video Afghans chant "death to Canadians" after blast kills two children at **metronews.ca/canada**

Victim's family haunted

Court hears impact statements in McMynn kidnapping trial

KRISTEN THOMPSON
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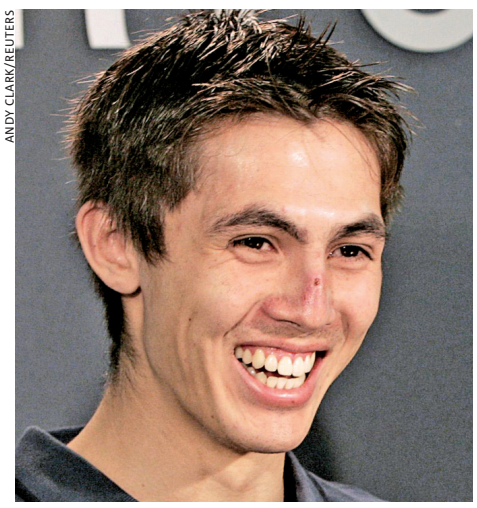
Graham McMynn, his parents and wife say their lives are forever changed after the 25-year-old was kidnapped at gunpoint and held hostage for eight days before being rescued by police in 2006.

The four victim-impact statements were read by prosecutor Richard Cairns in B.C. Supreme Court yesterday, during the first day of sentencing hearings for three men convicted in the kidnapping.

"(It) was the most stressful experience of my life," McMynn said in his statement. "I don't know if I'll ever be the same."

His wife, Jacklin Tran, said she's perpetually paranoid and is plagued with violent images.

Robert McMynn said he feels he's aged 20 years since his son's kidnapping.


ANDY CLARK/REUTERS

KRISTEN THOMPSON/METRO VANCOUVER

Graham McMynn, left, is seen shortly after his rescue in April 2006. Robert McMynn leaves B.C. Supreme Court last December after three men were convicted of kidnapping his son.

"I'm constantly concerned with the safety and whereabouts of my wife and son," he said. "It will haunt us for the rest of our lives."

Last fall, Jose Hernandez and Anh The Nguyen were convicted of kidnapping, and Sam Van Vu was convicted of unlawful confinement.

Yesterday, Cairns told Justice Arne Silverman the men should be sentenced to 18 years and 10 years respectively, arguing that aggravating factors warrant harsher penalties.

He pointed out that McMynn was bound and held in a closet, threatened with rape, dismemberment, death and the death of his family, and openly mocked for showing fear.

"He was treated in an unnecessarily sadistic and cruel manner," Cairns said.

The men are expected to be sentenced today.

Fans wait outside court to meet Asian pop star

TESTIMONY Vancouver-born Chinese pop star Edison Chen was met with a throng of reporters and fans as he entered B.C. Supreme Court yesterday to testify here in a trial being held in China.

The celebrity is a witness in the trial of a Hong Kong computer technician charged with posting photos of Chen sleeping with eight of the country's most famous female stars online.

Edison Chen

Police said around 1,300 photos were illegally copied from Chen's laptop after it was taken in to be repaired.

The Hong Kong court booked a courtroom in Vancouver because Chen refused to go to Asia to testify. METRO VANCOUVER

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Online protests spring up against paper Yellow Pages

A new Facebook group denouncing the Yellow Pages has sprung up in response to the imminent arrival of 1.6 million new phone books in the Lower Mainland. Opponents of the product say it's a waste of resources given the accessibility of listings online, and the books should only be distributed upon request. **CBC NEWS ONLINE**

Canadian musicians hitting the ice

TARYN MCELHERAN
for Metro Vancouver

Blue Rodeo's Jim Cuddy and former Canuck centre Cliff Ronning faced off at GM Place yesterday morning as the Juno Cup lineup was announced.

The sixth annual charity hockey game, to be held at the University of B.C. Thunderbird Arena on March 27, will feature former NHLers against more than 20 musicians of varying hockey skills. The game is a fundraiser for Musicounts, a charity that helps schools across Canada offer music education.

"I think the charity is a great thing," Cuddy said. "I think music programs in schools are very important and it's really shocking that they really are imperilled and that schools don't have the budget to keep going."

TARYN MCELHERAN / FOR METRO VANCOUVER

Former Vancouver Canuck Cliff Ronning, Tourism, Culture and Arts Minister Bill Bennett, CARAS director Melanie Berry and Blue Rodeo's Jim Cuddy take part in the announcement of the Juno Cup.

Canadian rock stars listed on the roster include Cuddy, Sarah McLachlan, Tyler Stewart of the Barenaked Ladies, Matthew Barber and Alan Doyle of Great Big Sea, among others.

"The game, believe it or not, was a way of drawing a lot of musicians to (the event)," Cuddy said. "A lot of people who would not participate in the Junos or would maybe just come for the show (wanted to be in the game)."

They'll be facing a team of NHL alumni that includes Ronning, Mark Napier, Bob Probert and Brad Dalgarno.

Tickets for the game are $14 and are available at ticketmaster.ca.

JunoFest begins

Local band Said The Whale performed live at HMV in downtown Vancouver last night to kick start JunoFest 2009.

Dozens of performances, most featuring local talent, were announced for the Juno Awards weekend, which takes place March 27-28 around the city. Among them are several Juno Award nominees.

For more information, go to junofest.ca.

Slain woman's family angered by sentencing

MURDER The family of murdered escort Tammy Murray said yesterday they're furious her killer was given double credit for time served, meaning he'll only serve five years of his eight-year sentence.

Murray's 19-year-old boyfriend, Aaron Hickey, stabbed her to death in her Burnaby apartment in 2007, after the couple got into a fight.

Her family has said they believe that if Murray had worked in a more socially acceptable profession, her killer would have been given a longer sentence.

METRO VANCOUVER

Video of reporter held by Taliban posted online

KIDNAPPING Portions of a videotaped recording of a West Vancouver reporter who was abducted in Pakistan three months ago was posted on CBC Newsworld yesterday.

Freelance journalist Beverly Giesbrecht, 52, who converted to Islam in 2002, disappeared on Nov. 11 while on assignment for the Al-Jazeera network.

In the video, Giesbrecht — who is flanked by masked gunmen — tells viewers she has been kidnapped by the Taliban and believes she's being held near the Afghan border in an American war zone.

METRO VANCOUVER

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News in brief

FIRE About 16 firefighters and six trucks responded to a fire in a North Vancouver apartment building early yesterday morning, CBC News Online reports. One man was taken to hospital with minor injuries. The cause of the fire hasn't been determined.

STABBING Chilliwack police are asking for the public's help finding three suspects involved in a fight that sent a man to hospital with stab wounds. The victim was followed home from a nightclub early Sunday morning after getting into a fight over a woman. The suspects also vandalized a vehicle at the home.

METRO NEWS SERVICES

New arena gets trial run with sledge hockey cup

SPORTS The first international event to take place at UBC's new Thunderbird Arena tomorrow will showcase a sport few British Columbians have seen before — ice sledge hockey.

Around 60 athletes from Canada, Germany, Japan and the United States will take to the ice to test the arena's operational readiness before it hosts events at the 2010 Paralympic Games.

The Sledge Hockey Canada Cup runs until March 1.

More online

- For more information visit hockeycanada.ca/hccup.

Individual game tickets are available for $10 each and full tournament packages, including tickets to all 10 games, are available at $50.

Canada's sledge hockey team has won a gold, silver and bronze medal in the past four Paralympic Games.

METRO VANCOUVER

Cancer patient wins poker contest held for research

HEALTH A woman with breast cancer won a poker tournament in Langley yesterday that was also a cancer research fundraiser.

After 15 straight hours, Donna van Aert came out on top at the fourth annual Women's Poker Classic held at Cascades Casino. The event raised more than $40,000 for the Canadian Breast Cancer Foundation B.C. and Yukon region.

"It's truly a miracle."
Donna van Aert, on her tournament win

"It's truly a miracle," the 55-year-old said, teary-eyed and exhausted. "I just had chemotherapy and felt so sick that I didn't even think I'd be able to play today, so to win is absolutely incredible."

Van Aert, a retired administrative clerk, received $30,000 for the win and advanced to the World Series of Poker 2009 Ladies Championship in Las Vegas on June 7.

TARYN MCELHERAN / FOR METRO VANCOUVER

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'Métis Prince' dies

Joe Mercredi, an aboriginal advocate, former newspaper publisher and historian in the Northwest Territories, died over the weekend, cbc.ca reports. He was 71. Often referred to as the "Métis Prince," Mercredi founded the original Northwest Territory Métis Association in 1970. METRO NEWS SERVICES

Canada

Cops make huge pot bust

Winnipeg police say they put a dent in the city's marijuana trade by seizing 1,200 pot plants in two raids, CBC.ca reports. Yesterday police recovered 98 plants at a home west of the city's downtown. On Saturday, a bust turned up 1,100 plants at a location on the same street. Total street value of marijuana from the plants is estimated at more than $1.3 million. METRO NEWS SERVICES

MP planning crackdown on foreign worker abuses

LABOUR The federal government intends to bring in new regulations to punish employers who exploit foreign workers by forcing them to toil in poor working conditions for low pay.

The new rules, expected by the end of March, would prevent employers with repeated violations of labour laws from being allowed to bring in foreign workers, Immigration Minister Jason Kenney said.

"I will be coming forward with draft regulations later in the spring to look at ensuring that the employers who abuse the system, a small minority, are ineligible to use it," he said in an interview.

But Kenney says the government has no intention of turning off the tap on the tens of thousands of workers who arrive from abroad to fill jobs in Canada, despite the rising unemployment.

"We do anticipate there will be a reduction in applications for temporary workers and work permits because of the downturn but there continues to be acute labour shortages in certain regions and industries so the program will be useful to those employers," he said.

> **"We do anticipate there will be a reduction in applications for temporary workers ..."**
> Jason Kenney, immigration minister

Kenney said he met with representatives from the food industry. "They're still desperately crying out for more temporary foreign workers," he said.

TORSTAR NEWS SERVICE

News in brief

ENERGY Ontario residents couldn't sell their houses or condos without getting a home energy audit under the proposed Green Energy Act — a bill newly unveiled by Ontario Energy Minister George Smitherman to boost energy conservation.

TORSTAR NEWS SERVICE

System needs fixing: PM

Prime Minister Stephen Harper, voicing deep concern about the financial system in the United States and other countries, said yesterday he could not see how the current recession can end until they are fixed.

"We're obviously all hugely worried about the American financial system and about the financial system of some other countries," the Conservative leader said in an interview in New York with Fox News.

"Frankly ... until that problem gets fixed, it's hard for me to see how we're going to turn the corner on this recession that we're in now."

He also said Canada did not have the same financial sector problems as in the United States.

"We haven't had to bail out any of our financial institutions. We don't have the mortgage problem. Certainly, we have a downturn in our housing sector, but it's not structural. There will be no government bailout of mortgages in Canada," the prime minister said.

CHIP EAST/REUTERS

Prime Minister Stephen Harper, left, meets with United Nations Secretary General Ban Ki-moon at the UN Headquarters in New York yesterday. Harper said in an interview that Canada does not have the same financial sector problems as the U.S.

REUTERS

Native leader cleared of hatemongering

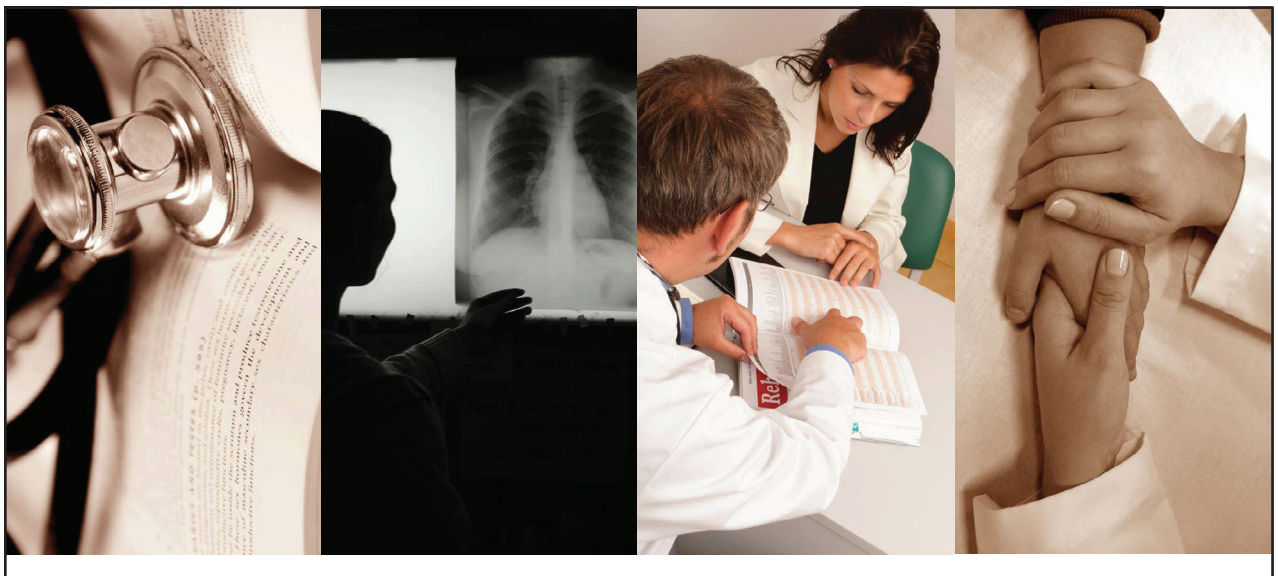
COURTS A First Nations leader who called Jews a "disease" was found not guilty yesterday of willfully promoting hatred, although the judge said the comments were "revolting, disgusting and untrue."

The trial was the second for David Ahenakew, 75, who told a local newspaper in Saskatchewan that Jews were a "disease" that Hitler was trying to "clean up" when he "fried six million of those guys."

Saskatchewan provincial court Judge Wilfred Tucker ruled that prosecutors had not proven that Ahenakew — who made the remarks in a conversation with a reporter — actively intended to promote hatred.

"Thank God it's over," the CBC quoted Ahenakew as saying.

REUTERS



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Calgary's top cop pro-Taser
With the fate of Taser use possibly hinging on a national report released today, Calgary police Chief Rick Hanson stands firmly behind use of the police tool. "We need the tools to deal with those violent people ... the Taser is one of those tools," he said. METRO NEWS SERVICES

Stabbed man was mistaken for someone else: Girlfriend

EDMONTON The girlfriend of a man killed in Edmonton over the weekend claims his death was a result of mistaken identity.

"He was walking out, and there was a group of angry people outside waiting for someone else," Amina Khiat said yesterday. "He tried to stop a fight — they thought he was someone else. Apparently, these guys were just furious."

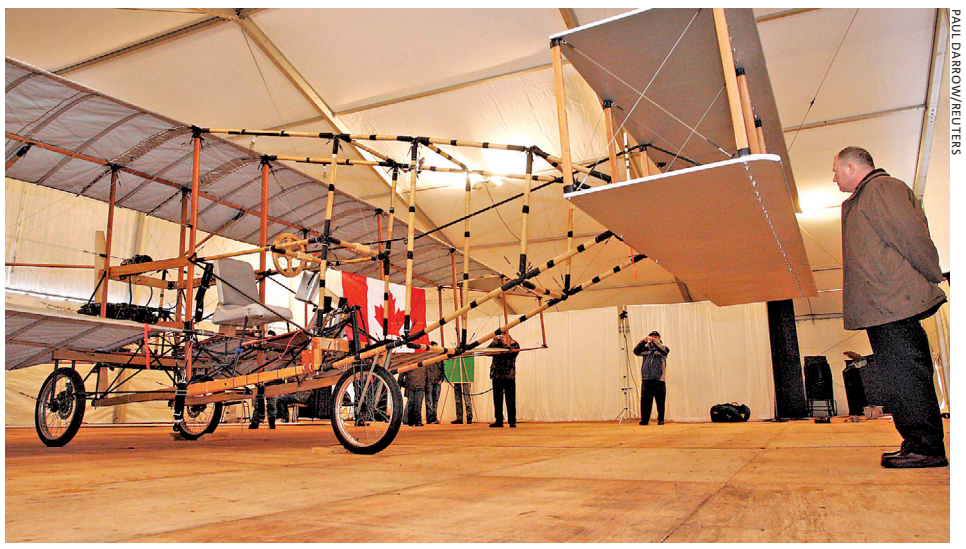
Brendan McNaughton's body was discovered early Saturday morning, dead of an apparent stab wound, police said.

Khiat received details of McNaughton's death from his closest friends, she said, though her intuition screamed he was in danger.

"I knew something happened to him," she said. "I could feel something was wrong with him."

Jayden Jeffery Zylinski, 19, was charged with second-degree murder in connection with the incident.

VICTORIA HANDYSIDES/ METRO CANADA



PAUL DARROW/REUTERS

The replica of the Silver Dart airplane sits in a temporary hangar yesterday at Baddeck Bay in Cape Breton, N.S. Poor weather prevented the aircraft from flying on the 100th anniversary of the first heavier-than-air flight in Canada. The replica did make a series of successful test flights on Sunday.

Nature grounds Silver Dart

CAPE BRETON The test runs on Sunday were a success, but the weather nixed the main event for the flight of the Silver Dart replica yesterday.

Bjarni Tryggvason, a former Canadian astronaut, said he wasn't too concerned with his first test drive over Bras d'Or Lake on Sunday, even though the front wheel fell off. It lifted slightly, no more than a half-metre off the ground, before landing and then turning hard on its front wheel after flying a distance of 10 metres.

A crowd of several hundred people who lined up neatly behind an orange barrier clapped and yelled words of encouragement.

Tryggvason said Sunday's last flight of the day outdistanced the original flight, which took place on Feb. 23, 1909.

"(Alexander Graham Bell's team) flew longer flights later on in it. They flew it about 50 times before they smucked in (to the ground) the final time," he said.

"It'll be nice if we can get some longer flights in here. I think we have to tweak up our engine to get a little bit more horsepower out of it."

Snow and wind gusts kept the replica on the ground yesterday, but stamp and coin ceremonies indoors went ahead.

METRO HALIFAX

Calgary Zoo bananas over baby

BIRTH A new addition to the Calgary Zoo has staff going bananas.

The zoo was blessed with the first Colobus monkey ever born at the facility on Friday the 13th. The healthy white-coated female infant is the first baby of mother Mosi and father BK, and hasn't been named yet.

"We were awaiting this birth with great anticipation and when I got to work at 6:30 a.m. last Friday I found that Mosi had successfully given birth to the infant without assistance," zookeeper Garth Irvine said.

The zoo is happy that Mosi and another female in the troop, Roberta, share a close bond. Mosi even handed the baby to the other monkey to hold, which is uncommon.

"Mosi is a first-time mother and has a lot to learn, including how to carry her baby, but has taken good care of her and is quite protective," Irvine said,

KRISTA SYLVESTER / METRO CANADA

Spanish crew taken to safety

ST. JOHN'S The crew of a Spanish fishing vessel that caught fire and sank 400 kilometres east of St. John's on Sunday is now safe at a hotel.

The Canadian Coast Guard ship Leonard J. Cowley plucked the 21 men and one woman of the Monte Galineiro from lifeboats in the North Atlantic.

The Cowley docked in St. John's harbour yesterday as the rescued Spanish crew members smiled and waved to people on the dock through the ship's windows.

It took about an hour for crew members to clear customs. They then posed for pictures before being taken to the hotel.

Many escaped the sinking boat with nothing but the clothes they were wearing, while others managed to grab passports and a few personal items.

The Cowley was on a routine fisheries patrol when it received a distress call from the 30-metre trawler. It arrived on the scene in 10 minutes.

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Anger really can kill you: U.S. study

Anger and other strong emotions can trigger potentially deadly heart rhythms in certain vulnerable people, U.S. researchers said yesterday. Previous studies have shown that earthquakes, war or even the loss of a World Cup soccer match can increase rates of death from sudden cardiac arrest, in which the heart stops circulating blood. REUTERS

World

Rice signs book deal

Condoleezza Rice has agreed to a book deal with Crown Publishers, starting with a memoir of her eight years of service under former U.S. president George W. Bush. The first book is tentatively scheduled to appear in the fall of 2011, Crown said in a statement Sunday. It would be followed a year later by a second book about her upbringing in Alabama. REUTERS

Detainee blames U.S., Britain for torture

A British resident held at Guantanamo Bay for more than four years returned to Britain a free man yesterday and accused the U.S. government of inflicting "medieval" torture on him — with British collusion.

Binyam Mohamed, an Ethiopian citizen with British residence, was returned on a charter flight after the U.S. government agreed last week to a British request to free him. All charges against him were dropped and he was never tried.

Mohamed, 30, said he was "neither physically nor mentally capable" of facing the media after nearly seven years in captivity, but in a statement he denounced the actions of the U.S. government.

"I have been through an experience that I never thought to encounter in my darkest nightmares," the statement read.

"It is difficult for me to believe that I was abducted, hauled from one country to the next, and tortured in medieval ways — all orchestrated by the United States government," he said.

Mohamed began his detention in April 2002 when he was seized at an airport in Pakistan for trying to travel on a friend's passport.

He was held for four months, during which time he said he was tortured and abused by Pakistani intelligence agents in the presence of British intelligence officers.

In July 2002, he said he was taken to Morocco on a CIA plane and again tortured and abused for 18 months before a transfer to Afghanistan and then finally to Guantanamo Bay in September 2004. REUTERS

Justice to come?

- Britain's attorney general has said she will see if there is evidence to order an investigation into the actions of the British government in Binyam Mohamed's case.
- Mohamed's lawyers said they could not rule out bringing a lawsuit against the British government, and human rights groups are calling for a public inquiry.

'Narco-subs' running cocaine to U.S.

DRUGS Packed with cocaine and grimly christened "coffins," sleek jungle-built submarines are steaming their way north from Colombia through Pacific waters to deliver tons of illegal drugs headed for the U.S. market.

Skimming just below the water line, with only a glimpse of a glass-enclosed cockpit or metal tubes visible from above, the semi-submersibles are the latest shipment method used by trafficking cartels to try to elude detection by authorities.

It is estimated that some 60 to 75 of the fiberglass vessels, also known as "narco-subs" and capable of carrying upward of eight tons of cocaine when fully loaded, are built in clandestine jungle shipyards in northwest Colombia every year. REUTERS

Police detain 11 after fatal bombing in Cairo

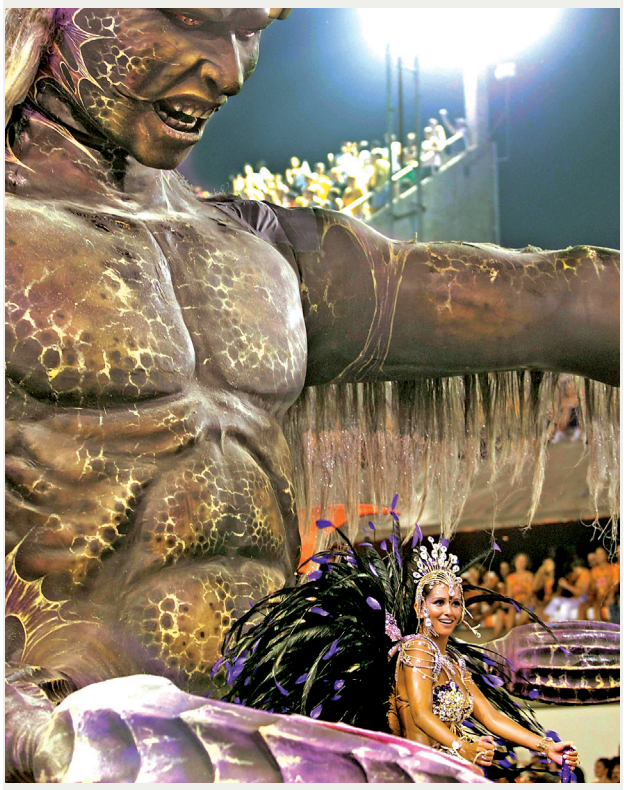
SUSPECTS Egyptian police have detained 11 people for questioning about the bomb that killed a French teenager and wounded at least 21 people near a popular tourist bazaar in Cairo on Sunday, police sources said yesterday.

The sources did not say if the police had any hard evidence against the detainees, who are all Egyptian. After security incidents, Egyptian police usually cast their net wide and then release most of the people they question.

The wounded included 13 French tourists, three Saudis, one German and four Egyptians.

No one has claimed responsibility and analysts said the bomb was probably the work of a small group of disgruntled Egyptians, similar to the one that carried out two operations in 2005. REUTERS

Brazil **Now that's a float**



SERGIO MORAES/REUTERS

A reveller of Beija-Flor Samba School dances atop a float during the first night of the Carnival parade in Rio de Janeiro's Sambadrome yesterday. The nationally televised annual parades, featuring up to 5,000 dancers each, is a serious competition for the top samba schools.

News in brief

WASHINGTON U.S. President Barack Obama pledged yesterday to cut the ballooning U.S. budget deficit of $1.3 trillion US by half in the next four years and said the country would face another economic crisis if it did not address its debt problems soon.

CEASEFIRE Taliban militants announced an indefinite ceasefire in northwest Pakistan this morning, a day after the army said it was ceasing operations in the region. The militants announced a 10-day truce Sunday before a radical cleric struck a deal with authorities.

ALGERIA Nine security guards were killed in an attack by a large number of "terrorists" on an engineering site near a coastal town east of Algiers late on Sunday, local witnesses and media said.

MEXICO The entire local police force in the Mexican beach resort town of Zihuatanejo walked off the job yesterday, demanding better pay and benefits to compensate for the rising dangers they face from drug violence. REUTERS

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Sudanese leader to face genocide charge
The International Criminal Court is expected to issue an arrest warrant for Sudanese president Omar Hassan al-Bashir for genocide. REUTERS

Dancing despite fears

ROB ANNANDALE
for Metro Vancouver

Gonaïves is not the kind of place you'd expect to find people dancing in the streets, but Haiti's government is funding the party. The city is going through tough times, even by the standards of the poorest country in the Americas.

Last year, back-to-back storms within a week caused flooding that killed hundreds and dumped three million cubic metres of mud. Six months on, the mud is still higher than the houses in places.

But it's Carnival time and in spite of everything, hundreds of people followed competing merengue bands and colourfully dressed dancers through the streets in the lead-up to Mardi Gras.

"Culture can be a panacea to revive the population after such hard times," Deputy Mayor Jean Francois Adolphe said, explaining the use of federal money to throw the party. "We wanted to take advantage of the season to restore people's confidence."

ROB ANNANDALE/FOR METRO VANCOUVER

Revellers dance in the streets of Gonaïves, Haiti, during a government-funded celebration.

Jacky, a 34-year-old moneychanger who preferred not to give his last name, wasn't biting.

"Right now Gonaïves can't even handle 10 minutes of rain," he said from the corner of a street filled with stagnant water and garbage. "The best thing to do would be to fix the city."

Even then, locals worry millions in emergency aid — including a number of Canadian-funded projects — are only treating the symptoms. Without major efforts to reforest the surrounding hills and improve the area's drainage, they say, the water and mud will inevitably return.

But for a few days at least, people are trying to forget that hurricane season is only five months away.

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Comment & Views

Comment

Media melts over Obama

NationalReport

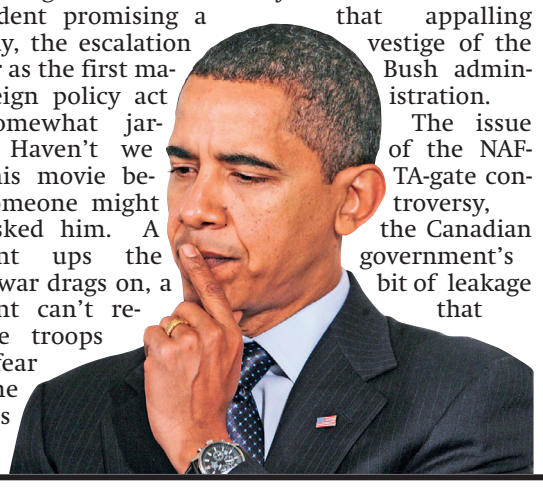
Just being in the presence of Barack Obama elevated the stature of Stephen Harper last week.

It looked as though our prime minister had more purposes in life other than beating political opponents to death. One of his former cabinet ministers, Monte Solberg, has been saying that Harper needs a vision for the country, something other than damage control. Maybe this president can inspire him to think in loftier terms.

Harper handled himself impressively in his press conference with the new American megastar. Little of substance was accomplished at their meeting — unless you wish to count that breathtaking committent to a new clean-energy dialogue. But the media didn't challenge the two leaders to demonstrate concrete signs of progress. All that mattered was atmospherics and, from that point of view, the meeting was a robust success.

Tough questions? Forget about it.

Barack Obama arrived right on the heels of committing another 17,000 troops to Afghanistan. For a president promising a new way, the escalation of a war as the first major foreign policy act was somewhat jarring. Haven't we seen this movie before, someone might have asked him. A president ups the ante, a war drags on, a president can't recall the troops for fear that he and his country will look weak. The quagmire scenario results.



Afghanistan, if history is any indication, does not submit to foreign occupation. Our own little Canadian experience, Obama might note, is just another added bit of evidence.

On the business of war, Harper escaped any questioning on his apparent reluctance to take issue with Guantanamo, specifically in the case of the Canadian, Omar Khadr. Obama has moved, thankfully, to shut down Gitmo, that appalling vestige of the Bush administration.

The issue of the NAFTA-gate controversy, the Canadian government's bit of leakage that hurt Obama during his primaries' battle with Hillary Clinton, fortunately did not come up. It would have required some fancy footwork on the part of our PM. Nor did many other big differences between the two leaders — such as their positions on the Iraq war — impinge on the most friendly proceedings.

Bilateral relations were fantastic, the president and the prime minister said, not pausing to note that, for the first time in our history, passport requirements and armed men have become staples along the world's longest undefended border.

No one wanted to spoil the fun by pointing this out as well as a lot of other things.

What resulted was a good summit, made all the better by media compliance.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Send your well wishes to Canada's hard-up CEOs

InBusiness

One can imagine the heart-rending scenes that have taken place in Canadian bank board meetings of late. CEOs, overcome with attacks of guilt and propriety, plead with their fellow directors: "Please sirs, cut my pay, slash my bonus, and rip the stock options from my hands. How can I eat cake while my customers starve?"

The directors balk, arguing that the CEO has done an extraordinary job of piloting a complex institution in difficult times. He has earned his fulsome compensation, they say, but then they grudgingly accede to his request. After all, it's optically better to be seen as public-spirited than parasitic — like those shameless U.S. investment bankers who use public bailout money to refurbish their offices — in a time of economic crisis.

But let's put these sacrifices into perspective. While it's true, as RBC Financial Group CEO Robert Nixon recently said, that "leaders have to be sensitive to issues and developments in the broader environment," the fact is, he and his peers had a lousy 2008.

Net income for Canada's big six banks dropped to $12.2 billion in the year ended Oct. 31 from $19.5 billion the year before.

There's also a pre-emptive quality to the bankers' offering. Nixon et al may be worried that shareholders, especially large pension funds that have seen their assets shrink faster than Marie Osmond's waistline, will rebel at fat paycheques during a recession.

Executive compensation has been a testy issue in Canada for years, but while some institutions, notably Ontario Teachers' Pension Plan Board, have been more vocal about excesses, the gravy train has rolled on.

Generally, Canadian shareholders sit on their hands and vote as management tells them to.

One would like to think bank CEOs, indeed all corporate managements, are awakening to something bigger, however. It's the notion that business shouldn't always be purely about maximizing profit and shareholder value, or taking home the biggest compensation package, whatever the consequences.

Corporations, like it or not, are part of the social fabric, and they concede as much through their community involvement and philanthropy.

Particularly in hard times, it's fitting that companies temper the desire for growth and profit with concessions to the greater good.

For some companies, that might mean not having as many layoffs as possible; for others, it could be taking a pay cut.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Worth Mentioning

Public servants face bright clothing ban

CHINA Public servants in the gritty central Chinese city of Zhengzhou should not sport "unnatural hair styles" or wear clothes that are too colourful, according to new city regulations.

From now on, Zhengzhou city officials should make sure their clothing matches and stay away from bright colour schemes, the regulations specify.

Neatness and order are the order of the day.

"Don't just dress any which way," the regulations order.

Zhengzhou, the capital of landlocked Henan province, is better known for its agricultural futures exchange and railway station than for its sense of style.

But no specific breach triggered the latest set of rules, which are "designed to improve the image of our public servants," an official at Zhengzhou's central government office said yesterday. **REUTERS**

Metro Online Poll Results

81% SAID YES	Was Hugh Jackman a good choice to host the Oscars? *Weigh in on today's question at metronews.ca*	19% SAID NO

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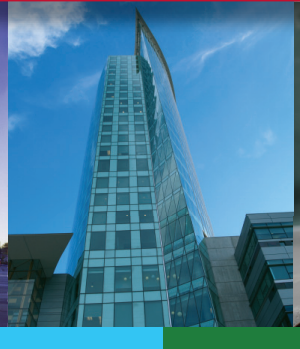

SFU Community Partnerships

Community engagement is an important part of the SFU Surrey vision. Through partnerships with local governments, school boards, and business and community groups, SFU Surrey plays an active role in the South Fraser community. Surrey high school students and their families can get advice at the SFU Surrey Counselling Centre located at L.A. Matheson Secondary School. The centre is staffed by SFU Education students enrolled in the Counselling Psychology master's program, who gain valuable training while providing assistance to students and their families.

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- $3500 SFU Summit Entrance Scholarship
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- $1500 Khalsa Credit Union Scholarship

I graduated from Princess Margaret Secondary and started my degree at SFU Surrey in the Science Year One program. I chose SFU Surrey because the class sizes were very small so the professors got to know you by name. Since my program was a cohort program, I had all the same people in my classes which provided me with a great social and learning network.

Gurmeet Sohi is graduating with an undergraduate degree in Kinesiology and is planning to return to SFU as a graduate student to finish her Master's degree before going to medical school.

Justin Liebregts graduated from the Interactive Arts & Technology (SIAT) Program at SFU Surrey.

"Having strong interests in graphics and animation, I knew my career would lead into the computer and game industry. When I graduated from SFU I worked at Electronic Arts and quickly became the Lead Interface Designer on the new Nintendo Wii console. My responsibilities included establishing the aesthetic look and feel of the video game, creating all the motion graphics, and handling the information architecture relating to the statistical and feature driven menu content."

Academic Programs & Services at the SFU Surrey Open House

APPLIED SCIENCES

- Computing Science
  - Software Systems
- Engineering Science
  - Mechatronic Systems Engineering

ARTS & SOCIAL SCIENCES

- Criminology
  - Police Studies
- Explorations (first-year program)
- Masters of Arts for Teachers of English
- World Literature

BUSINESS ADMINISTRATION

- Entrepreneurship
- Finance
- Management and Technology
- Marketing

COMMUNICATION, ART & TECHNOLOGY

- Communication
- Interactive Arts and Technology
  - Design
  - Informatics
  - Media Arts
- TechOne (first-year program)

EDUCATION

- Curriculum & Instruction: Imaginative Education
- Educational Leadership
- Educational Technology & Learning Design
- General Studies
- Professional Development Program
- Professional Qualification Program

ENVIRONMENT

- Faculty of the Environment

HEALTH SCIENCES

- Faculty of Health Sciences

SCIENCE

- Biological Sciences
- Biomedical Physiology and Kinesiology
- Chemistry
- Industrial Mathematics
- Life Sciences Year Two (second-year program)
- Management and Systems Science
- Mathematics
- Molecular Biology and Biochemistry
- Physics
- Science Year One (first-year program)
- Statistics

CONTINUING STUDIES

- Career and Life Planning
- Career Practitioner Training
- Career Transition Seminars
- Community and Urban Planning
- General Management
- Health and Wellness
- Mini-Med School
- Part-Time Degree Completion
- Philosophers' Café's
- Project Management
- Rehabilitation Management
- Supply Chain Management

In addition to these academic programs, visit the following booths at the Surrey Open House:

- Academic Advising
- Admissions
- Campus Tours
- Co-op Education,
- Career & Volunteer Services
- Daniel Igali Foundation Fun Walk / Run
- Disabilities Centre
- Document Solutions
- Financial Assistance
- Health and Counselling Centre
- Language Training Institute
- Library
- Picture Yourself as an SFU Grad
- Prize Central
- Recreation Services
- Registrar & Info Services
- Residence & Housing
- Scholarships & Awards
- SFU Bookstore
- SFU International / Exchanges and Field Schools
- SFU Microcomputer Store
- SFU Student Society
- SFU Sustainability Ambassadors
- Student Life
- Venture Connection
- Yosef Wosk Student Learning Commons

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Find out about your options at the Surrey Open House on February 26, 2009.

Register at: **www.surrey.sfu.ca/openhouse**

SFU Scholarship + Awards

At Simon Fraser University, we reward excellence. In addition to our generous entrance scholarships for top students, we offer scholarships, awards, bursaries and on-campus work-study programs to help finance your education. For more information visit **www.surrey.sfu.ca/financialaid**

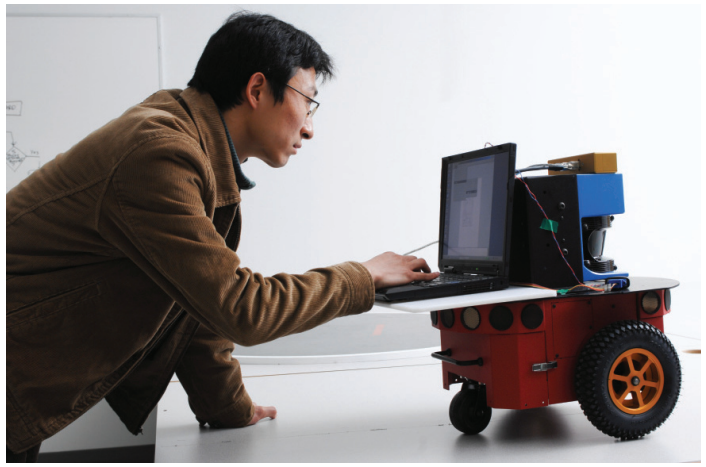
APPLICATION NOT REQUIRED	AMOUNT
ACADEMIC EXCELLENCE SCHOLARSHIPS - Recognize academic excellence for high school students with a 95% or higher average.	$5,000
SUMMIT SCHOLARSHIPS - Recognize academic excellence for high school students with a 90% to 94% average.	$3,500
APPLICATION REQUIRED	
SIMON FRASER SCHOLARSHIPS - Recognize excellent academic performance and potential.	$34,000
SIMON FRASER ALUMNI LEADERSHIP SCHOLARSHIPS - Recognize extraordinary leadership, community service, citizenship, and achievement of high academic standing.	$29,000
GORDON M. SHRUM SCHOLARSHIPS - Recognize high academic standing and commitment to school and community service, volunteer activity, arts, or athletics.	$24,000
SHAD VALLEY SHRUM SCHOLARSHIPS - Recognize high academic standing and commitment to school and community service, volunteer activity, arts, or athletics. Specifically designed for alumni of the Shad Valley program.	$24,000
TADEUSZ SPECHT MEMORIAL SCHOLARSHIPS - Recognize academic excellence for students studying in a health-related science program.	$10,000
DEAN'S SCHOLARSHIPS - Recognize academic achievement and potential.	$7,000
SFU SURREY ENTRANCE AWARDS - These awards are available to students who have applied to begin their studies at our Surrey campus in one of the following three, first-year cohort programs: TechOne, Explorations (Arts and Social Sciences), or Science Year One. Students with academic averages between 80 and 89 percent are eligible to apply for the award, while students with 90 percent or greater will receive either the Summit or Academic Excellence scholarship (see above). Careful consideration will be given to applicants who demonstrate leadership and a commitment to their school and wider community, and who show an academic interest in the arts and social sciences, business administration, computing science, engineering science, interactive arts and technology, or science. **Deadline to apply: February 28, 2009**	$2,000

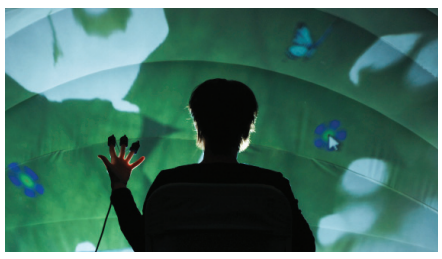
How do you plan to pay for your studies? Financing your education requires planning. Get information on funding opportunities available through SFU, including entrance scholarships, awards, and bursaries. Learn more about external sources including government student loans.

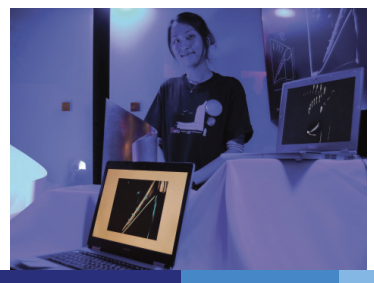
Attend a presentation on entrance scholarships & other financial aid opportunities at the **SFU SURREY OPEN HOUSE Room 2600**

Research & Innovation

Flexible, creative, and diverse, Simon Fraser University's newest campus is an educational, research and intellectual hub, located in one of Canada's most dynamic cities.







SFU Surrey is the major research university in the Fraser Valley region of BC.

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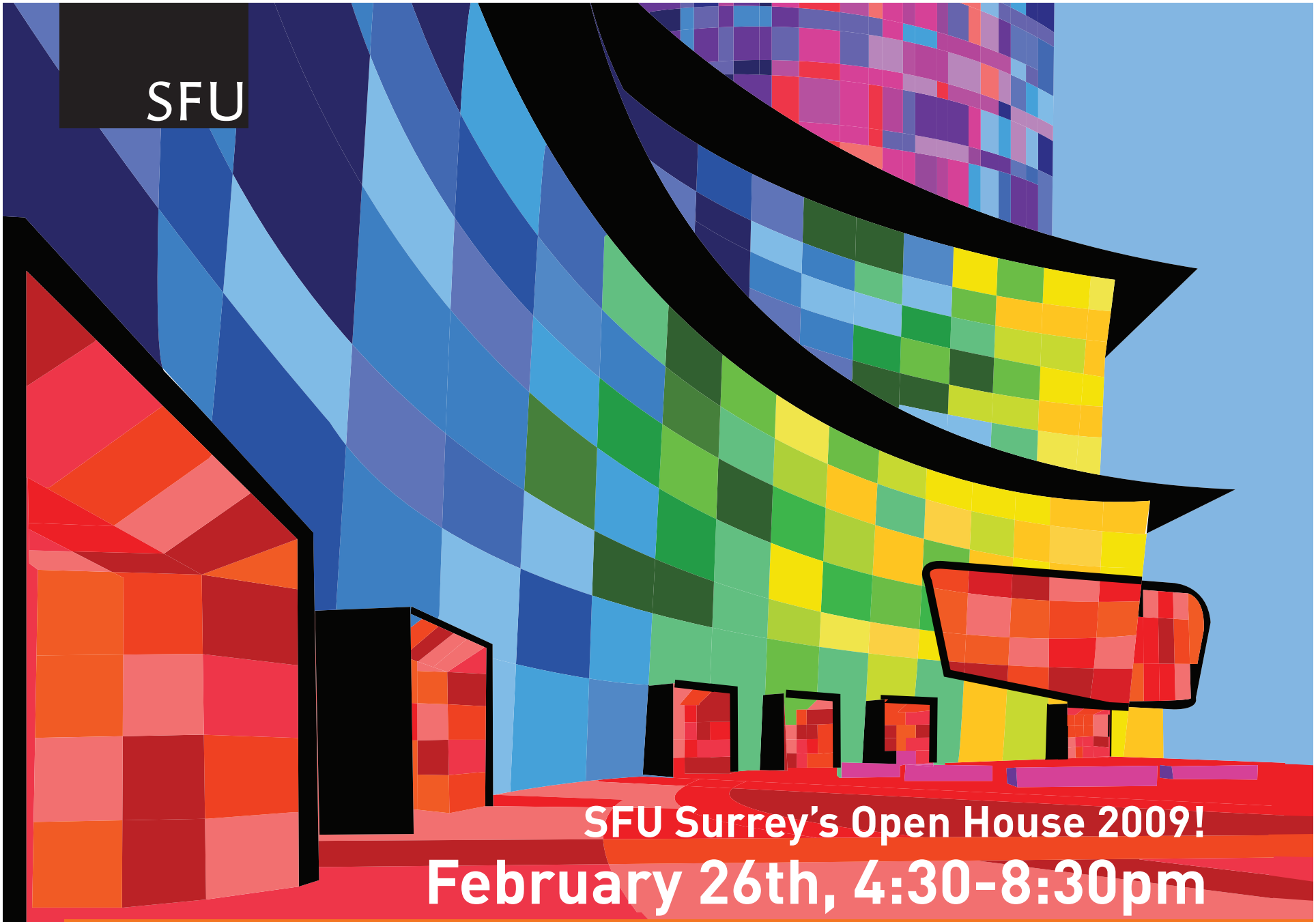
- intelligent systems and optimization
- bioinformatics
- video compression
- computer-based gaming
- visualization
- interactive experience design
- wearable computing
- digital media

Many new exciting areas of research in science and health sciences are planned for the Surrey campus in the future.

sfu surrey's OPEN HOUSE 2009
February 26th, 4:30-8:30PM

SFU is known around the world for research & innovation.



SFU Surrey's Open House 2009!

February 26th, 4:30-8:30pm

4:30PM-4:35PM	**Doors open, official welcome**
4:35PM-7:50PM	**Enjoy entertainment on Centre Stage**
4:35PM-7:50PM	**Visit one of over sixty SFU programs and services showcased on campus**
5:00PM-7:20PM	**Listen to one or more presentations on:**

- Admission to SFU
- Scholarship Opportunities
- Cooperative Education
- International Exchange & Travel
- Computing Science
- Mechatronic Systems Engineering
- TechOne
- Interactive Arts & Technology
- Explorations + Programs in Arts
- Criminology
- World Literature
- Business Administration
- Education
- Science Year One + Programs in Science
- Industrial Mathematics
- Management & Systems Science
- Health Sciences
- Plus many more!

8:00PM - 8:30PM Prize draw - fill out the scavenger hunt to win prizes!

sfu surrey's OPEN HOUSE 2009

Rough ride for economy in 2009: Bank of Canada
The Bank of Canada said yesterday the economy faces a "difficult" 2009, but repeated that the recovery will be supported by the past depreciation of the dollar and by timely monetary and fiscal policy. Real gross domestic product is expected to drop 1.2 per cent. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Down, down, down

Markets tumble on falling oil prices, poor retail sales

Another day, another nasty tumble.

After a dismal eight per cent drop last week, investors were looking for any signs of stability in the economy to break the market's fall.

Instead, oil prices continued to tumble, talk about U.S. bank bailouts escalated, and a reading on Canadian retail sales showed consumers are keeping their wallets shut.

Investors scrambled for the exits yesterday as fears about the extent of the U.S. economic slowdown dragged the Toronto Stock Exchange to its lowest point of this cycle while the New York Stock Exchange hit 12-year lows.

"The market really needs something to grab onto to rule out a never-ending recession."
CIBC senior economist Avery Shenfeld

"It's the steady diet of ugly economic news and concerns about the U.S. economy, which is spilling over into bearish sentiment in the markets," said Avery Shenfeld, senior economist at CIBC World Markets.

Toronto's S&P/TSX composite index lost 302.32 points to close at 7,647.67 yesterday, marking a third straight day of declines.

It blew past the lowest point of this market downturn, which was set last November 20 when it fell to 7,725.76 points.

Meanwhile, New York's Dow Jones industrials fell 250.89 points to 7,114.78, partly on concerns the U.S. government will move to nationalize parts of the financial sector, such as troubled banks Citigroup and Bank of America.

"The market really needs something to grab onto to rule out a never-ending recession," said Shenfeld.

But all it got was bad news yesterday as Canadian retail sales plunged a deeper-than-expected 5.4 per cent in December, taking their steepest monthly slide in more than 15 years, according to Statistics Canada.

Led by sharp declines in new car sales, the figure was double analysts' consensus forecast and came on the heels of a 2.4 per cent drop in November.

December sales plummeted as consumers cut holiday spending on clothing and accessories, the federal agency said.

TORSTAR NEWS SERVICE

GM on the right track with aid plan: Clement

AUTOS The Canadian arm of General Motors Corp. is on the right track as far as its restructuring plan is concerned, but serious discussions will still be required before the struggling automaker qualifies for emergency aid, Industry Minister Tony Clement said yesterday.

The Canadian wings of GM and Chrysler presented their proposals last Friday to Ottawa to back requests for repayable loans to help them survive the steep industry downturn.

"We have to go through their numbers to see exactly what they have planned for the Canadian plants ... but we've certainly got the skeletal structure of what they're going to do," Clement told the CBC.

Buck stops here

- The estimated $10 billion in provincial and federal funds being sought by General Motors and Chrysler will be all the automakers get, Ontario Premier Dalton McGuinty says.

TORSTAR NEWS SERVICE

Clement also said he was encouraged by the additional "long-term viability plan" forwarded to him by Chrysler Canada over the weekend. The report was submitted to the U.S. Treasury earlier in the week in its request for U.S. aid.

Neither company asked for a specific dollar amount in their plans for Canadian aid. REUTERS

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METRO NEWS SERVICES

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Contribute to RRSPs or TFSA?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q For the past six years, my wife and I contributed very little to our RRSPs. In this time, we saved the down payment for the purchase of our own home. Before the February deadline, should we make a lump sum contribution to our RRSP or the new Tax Free Savings Account? Can we transfer some existing stocks into either plan?
— Paul

A March 2, 2009, is the final date to make a Registered Retirement Savings Plan (RRSP) contribution that can be deducted for 2008. The new Tax Free Savings Account (TFSA) has a maximum $5,000 contribution per calendar year. Individuals that do not contribute to the annual limit can make up contributions a later point in time.

The RRSPs and TFSAs have very similar features with some differences:

- Both plans shelter income from investments
- Investments limitations are identical
- RRSP contributions can be deducted, not so with a TFSA
- TFSA holders can make withdrawals without being taxed. All RRSP withdrawals are taxed
- RRSP should be held for retirement, TFSA can be used for short-term funds.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

SmartCookies

smartcookies.com

Online blogs are not only a fantastic resource but they can also fill the role of virtual money group. Knowing where to start when it comes to blogs can be a tad overwhelming, so here are some favourites to get you on your way.

Getting Started

To get back to the financial basics, check out moolanomy.com. Like many other finance blogs, Moolanomy offers sound advice on topics such as investing, saving, goal setting and real estate.

But what we think makes this site unique, is an element called blogroll. Blogroll is a directory of the top personal finance and money blogs. Having this resource at your fingertips will save you searching the web trying to find the best of the best. Another feature to check out is the freebie section that allows you free access to online money magazines and books.

Saving Your Time and Your Dough

These days, time is money. For creative ways to save on both, take a peek at lifehacker.com. This site offers clever solutions for a variety of everyday trials and tribulations, as well as more efficient ways to get things done, so you can work less and enjoy life more.

In one post, we learned how to pack an entire vacation's wardrobe in a single carry-on bag, saving money on baggage fees (not to mention the money saved on Tylenol that accompanies lost luggage). In another post, we learned that the real cost difference between making homemade laundry detergent and buying it in for the grocery store is just pennies — translation: Buy your detergent.

Money News While You Move

If podcasts are more your style, check out fundadvice.com/sound-investing/. This weekly radio show was just voted "Best Money Podcast" by Money Magazine.

Sound Investing is perfect for the Smart Cookie on the go — you can simply download the latest in money matters straight to your iPod. For the novice investor this might seem like heavy information at first, but stick with it and you're bound to be impressing all with your savvy investment knowledge in no time.

Sound Investing is perfect for the Smart Cookie on the go — you can simply download the latest in money matters straight to your iPod.

Fashionista Turned Recessionista

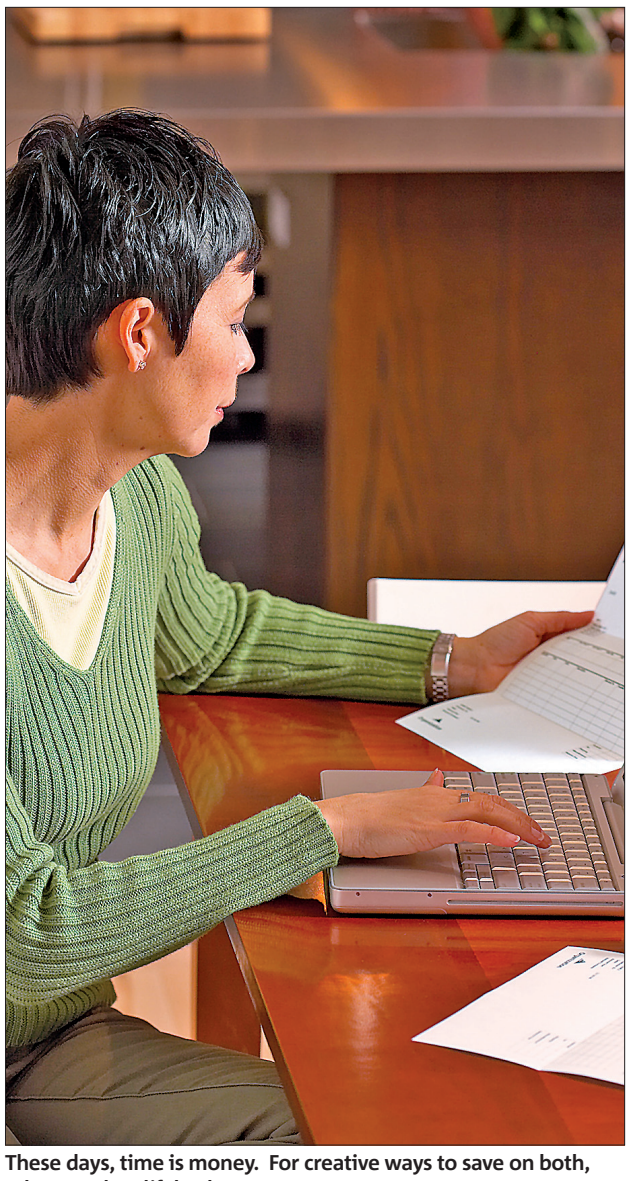
And last but not least, check out Vancouver blogger May Globus. In her blog confessions-of-a-fashion-fanatic.blogspot.com, May offers advice on how to maintain a sense of style that fits within your newly adjusted spending plan. She highlights great finds from popular fashion houses.

At the end of the day, you don't need to spend a ton of money to look polished, professional and stylish. All it takes is a little creativity, some resourcefulness, and someone in your back pocket who is on the pulse of style.

For more money-saving tips, tune into the second season of the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST. If you have comments or questions for the Smart Cookies, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Riding the Recession



These days, time is money. For creative ways to save on both, take a peek at lifehacker.com.

Investing
Allan Small

Visit metronews.ca to read Allan Small's market update.

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Delaying retirement

According to an RRSP poll by RBC, 28 per cent of Canadian boomers plan on delaying their retirement due to current economic conditions; 43 per cent say their retirement has been delayed between one and two years. METRO NEWS SERVICES

RRSP Guide

'Indulgences' add up

According to the annual TD Waterhouse RSP poll, women spend about $25 a week on "indulgences" — which could include a daily latte or eating out once a week. If you were to put that into an RRSP, it could add up to nearly $200,000 in savings (for a women in her late 20s who plans to retire at age 65). METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Financial freedom

More women looking to take control of their future

ROBYN YOUNG
for Metro Canada

Financial planning is getting to be as hot as last year's skinny jean, but fortunately, it looks good on just about everyone.

A recent survey of Canadian women regarding their financial futures, conducted by Desjardins Financial Security, found that the number of women planning for retirement is on the rise.

While financial planning has traditionally been left up to the men, only 20 per cent of women questioned admitted they have little or no interest in preparing for retirement compared with 27 per cent of men.

Laura Rossiter, a consultant with Investors Group Toronto Midtown, says she's seeing more of a sense of urgency among her female clients to make sure their financial houses are in order.

"Women are getting involved and have the desire to learn and educate themselves and gain financial independence," she said.

Still, there seems to be an intimidation factor that keeps Canadian women from seeking help.

The number of women planning for their retirement is on the rise, a recent survey by Desjardins Financial Security found.

State Farm Insurance commissioned their own survey in December to find out how well-prepared Canadian women are for the future.

While 80 per cent felt it was important to prepare for their financial future, almost 40 per cent felt that they were falling short and didn't feel secure.

Pete Karageorgos, spokesman for State Farm, said women recognized they needed advice but were reluctant to seek it out. Rather than working with professionals, the majority of those surveyed said they sought financial advice from friends, family members or spouses, and even then, were reticent.

"Forty-two per cent of women said they found going to the dentist less excruciating than talking to their spouses about their daily finances," Karageorgos said.

Rossiter, who majored in women's studies before entering the field of finance, says women should not feel intimidated by financial planning.

"Moving forward really gives a strong sense of empowerment," she said.

She recommends women seek out a financial adviser they feel comfortable with.

It's also important women review simple things like credit card balances, chequing accounts and purchasing habits, Karageorgos said.

"Figure out where you're spending your money and that'll help identify areas where you can cut expenses," he said.

Whether married or single, it's imperative women get a handle on their finances, Rossiter said, because you never know what the future will bring.

"If you don't plan for certain circumstances, then you're going to be caught off-guard and left out in the cold," she said.

"You're planning for the future and this is the best thing you can do for yourself."

Getting help

Where to get financial advice:

- Make an appointment with a personal banker at your own bank branch
- Consult your home or car insurance broker, they may also offer financial services
- Seek out a financial adviser

Common investing pitfalls can be avoided

RAFAEL BRUSILOW
for Metro Canada

Don't take unnecessary risks with your RRSP, experts warn.

No one wants to drop the ball with their RRSPs but experts say pitfalls are common. Here are some mistakes to avoid with your RRSP:

The last-minute rush

Tom Hamza, president of the Investor Education Fund, says too many people see contributing to their RRSP as an end-of-year chore when, in fact, it should be a regular ritual. Waiting until the last second to dump money into your RRSP is a recipe for disaster as deadlines can pass and money you were planning on putting away might get diverted for emergencies.

"The RRSP is a critical tool for your long-term savings and in order to save effectively you have to do it consistently," Hamza said.

Spreading yourself thin

Nadine De Palma, a financial adviser with brokerage firm Edward Jones, says forcing yourself to max out your RRSP contribution might not always be the best option. While keeping your RRSP fed is important, sometimes it might be more prudent to invest elsewhere, such as back into your mortgage. Get professional advice to see how you can maximize your financial efficiency.

Digging in the cookie jar

Accessing RRSP money before retirement can be costly because of withdrawal taxes usually ranging from 10 to 30 per cent of the amount you withdraw. Worse yet, you pay tax on the full amount of the withdrawal — so if you take $10,000 out of your RRSP but pocket only $8,000 after paying the withdrawal tax, you'll still pay tax on the full $10,000 amount. No matter how badly you may want to pull money out of your RRSP, take a good long look at whether taking the money out will be worth it.

"Taking money out of the RRSP should be considered a last resort," De Palma said.

Taking it all at once

Hamza says many people make the mistake of trying to take their whole RRSP out early as a lump sum, rather than partitioning it out as a stream of regular income payments because higher taxes on a lump sum will likely mean less money in your pocket overall.

"If you take a lump sum, that sum can be taxed heavily, and after tax, the value will be much less," Hamza said.

Aiming too high

Lastly, don't take unnecessary risks with your RRSP. You aren't trying to strike it rich — you're creating a steady income stream for your retirement.

"As we mature and reach that retirement phase, it's important to reduce exposure to the market. We shift from the saving mode to the income mode. Focus on quality investments for the long term," De Palma said.

Now's the time to contribute

So the brutal market conditions have you wondering whether you should sit on the sidelines this tax season instead of making a contribution to your RRSP.

After all, what difference does a year make to your retirement?

Rest assured, a lot of folks are in the same boat.

"It's a very cautious planning cycle this time," says RBC Financial Group's chief economist, Craig Wright.

"This is the most volatile environment we've seen yet to make these types of decisions," he says.

In fact, a recent BMO Financial Group survey shows that while many Canadians expect to weather the recession and are adapting to the chilly economy, not everyone is willing to jump on the RRSP bandwagon this time around.

According to the BMO Savings Monitor, six-in-10 investors say they will contribute as much to their RRSP this year as they have in the past — but a whopping 38 per cent are not planning to contribute to their RRSP this year, saying they believe they need the funds now.

"People are taking time to assess the situation and adapting to protect themselves during volatile times," says Linda Knight, president and chief operating officer of BMO Mutual Funds.

"However, our research also indicates that some Canadians are unfazed by the shaky economy — in fact they may be in denial. Having a plan in place to help make sense of it all is paramount," she notes.

The experts argue that you're shooting yourself in the foot by sitting it out.

"I think a lot of people are weighing whether they should be using their ready cash to do it," says Tessa Boyce, regional manager for BMO Mutual Funds.

"But a big downside if you don't contribute is that you may not be able to retire when you want," she adds. TORSTAR NEWS SERVICE

Survey says...
According to the second BMO Savings Monitor survey, 25 per cent of respondents will not contribute to their RRSP this year, while one-third plan on cutting back on their contribution. METRO NEWS SERVICES

Planning key for next year

RAFAEL BRUSILOW
for Metro Canada

Even if you're going to miss the March 2, 10:30 p.m. deadline to contribute to your RRSP, experts say you shouldn't let yourself get discouraged.

Whether because of procrastination, a tough financial situation or another factor, missing the RRSP deadline can feel like a painful setback.

Scott Ward, a financial adviser with Edward Jones, says the most important thing after missing an RRSP contribution deadline is to make sure you don't do it again by analyzing why you weren't able to put away the necessary money.

"Make a budget. Take a real close look at what expenses you've got going out every month and what's preventing you from saving for your retirement," Ward said.

Even making a small adjustment, like eating out less, can have a profound effect on saving you enough money to put towards your RRSP.

Mark Coutts, a certified financial planner with Sun Life Financial, says saving a little money on a monthly basis is a better strategy than trying to dump a large sum of money all at once into your RRSP when the deadline looms. If you dropped the ball this year, plan to make your RRSP contribution a monthly commitment next year — after all, you're in this for the long term.

"If you miss the deadline, you've got the entire year of 2009 to look to the future," Coutts said.

Ward suggests that even if no new money is coming into your RRSP this year, now is a good time to review your portfolio and ensure your money is working for you. Speak to your adviser to figure out if you should make adjustments to your investments.

Coutts says that while missing the contribution deadline can hurt, remember that there are other investment alternatives like the Tax-Free Savings Account, a Registered Education Savings Plan for your kids, or putting money towards your mortgage.

If you're feeling pessimistic about your savings, Ward says the best thing is to keep your chin up and continue to plan your RRSP strategically.

"Everything's a cycle. Things will recover and you want to be positioned to take advantage of the eventual recovery," Ward said.

Experts offer last-minute tips for investors

RAFAEL BRUSILOW
for Metro Canada

The RRSP deadline is fast approaching but you still have time to make a smart decision.

Scott Ward, financial adviser with Edward Jones, and Mark Coutts, a certified financial planner with Sun Life Financial, offer the following tips:

Don't fly blind: Make sure you look at your notice of assessment so you know exactly how much contribution room you have so that you don't put in too little (and lose an opportunity) or too much (and suffer penalties).

Stick to what works: The last minute is not the right time to try untested strategies or investments.

"It's important not to get swayed off your plan — stick with your original strategy," Coutts said.

Don't make rash decisions: Buying the wrong investments with your RRSP money just to "get it in" can lead to bad choices.

"If you're in a rush, put the money in, but don't lock it into anything right away. Sit down with your adviser and make the appropriate long-term decision when you have the time," Ward said.

Leave breathing room: Don't leave every detail until the last minute since there will be others vying for your adviser's time.

"It's like Christmas shopping — there'll be a lineup," Ward said.

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Mike Richards tops Three Stars
Philadelphia Flyers forward Mike Richards, Florida Panthers goaltender Tomas Vokoun and Chicago Blackhawks goaltender Cristobal Huet were named the NHL's Three Stars for the week ending Feb. 22. METRO NEWS SERVICES

Sports

Pistorius recovering

South African double-amputee sprinter Oscar Pistorius is expected to be moved out of intensive care within a few days and may be able to return home as he responds to treatment for an injury sustained in a boating accident over the weekend. Pistorius, nicknamed the Blade Runner, had his legs amputated below the knee when he was 11-months-old because he had no fibulas. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Renney out, Torts in on Broadway

NHL The New York Rangers fired head coach Tom Renney on Monday and hired former Tampa Bay head coach John Tortorella later in the day.

Tortorella won a Stanley Cup with the Lightning in the spring of 2004, but was fired in June of 2008 with one year remaining on his contract. The Rangers, who also dismissed assistant coach Perry Pearn, have lost 10 of their last 12 games, including a 3-2 overtime setback at home against Toronto on Sunday. New York has a record of 31-23-7 and is currently 10 points behind first-place New Jersey in the Atlantic Division. The Rangers are also sixth in the Eastern Conference playoff race with 69 points, just two ahead of ninth-place Carolina. Former Canuck coach Renney becomes the sixth NHL bench boss fired this season. The Rangers opened the season with five-straight wins and finished October with a 10-2-1 mark, but have slid since. In the past 12 games, the club has scored more than two goals just twice, the low point coming in a 10-2 setback at Dallas on Feb. 6.

Renney

METRO NEWS SERVICES

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Lemieux's second wind

PERRY LEFKO
for Metro Canada

More than once in his career, Claude Lemieux has proven to be a renaissance man.

But few could have imagined he'd re-invent himself again as a National Hockey League player at age 43 and having been away from the game for more than five years.

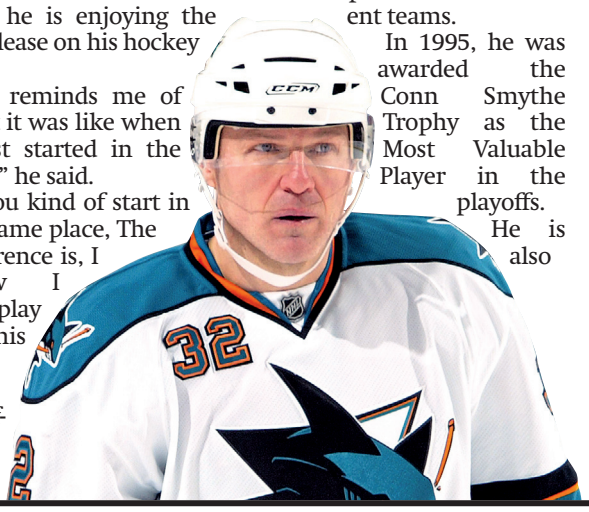
After playing for parts of 20 years in the NHL before retiring after the 2002-03 season with Dallas, Lemieux made his return in January after the San Jose Sharks signed him to a contract. The Sharks had signed him to a minor-league contract in November with their American Hockey League team in Worcester, Mass., following a stint with two teams the Sharks own and operate in Asia.

Lemieux made the comeback feeling he still had something to contribute to the game, and to show a side of him to his two kids from his second marriage who really hadn't seen him play before.

Though Lemieux is playing only a few minutes a game on the Sharks' fourth line, he is enjoying the new lease on his hockey life.

"It reminds me of what it was like when I first started in the NHL," he said.

"You kind of start in the same place, The difference is, I know I can play at this level and be effective, not just go out and stay on the ice 15 seconds and jump off in fear that something happens. I can really impact and be effective, so that makes me feel really good."



Three times in his career he has scored more goals in the post-season than in the regular season. He is also one of only four players to win Cups with three different teams.

In 1995, he was awarded the Conn Smythe Trophy as the Most Valuable Player in the playoffs. He is also known for a controversial hit in the 1996 playoffs on Detroit's Kris Draper, who required major surgery after crashing face first into the boards.

The Red Wings exacted revenge on Lemieux in Detroit in a regular-season game the next season.

When apprised of Lemieux's comeback, Draper told the Detroit News he wished him luck. Draper also said he has put the hit in the past.

Lemieux will face Draper for the first time since his return when the Sharks play in Detroit tomorrow in a game featuring the top two teams in the Western Conference.

"I don't think it would serve a good purpose to try to fuel the fire or stir things up," Lemieux said. "I always said 'I never hit Kris Draper.' I hit a player that was there. I never went after him."

Canucks go for Canadian sweep

Tonight

VS

4:30 p.m.
Sportsnet/TEAM 1040

A victory would give the Canucks a sweep of their four-game cross-Canada road trip and nine wins in ten outings in the month of February. One of those wins came against the Canadiens, who were 4-2 losers in Vancouver just nine days ago in a game that was more lopsided than the score indicates. The Canucks did not take a penalty in that game, accomplishing the feat for just the fourth time in franchise history.

V IS FOR VICTORY: Vancouver has ten wins and one tie in its last eleven meetings with Montreal. The Canucks last loss in the series was on November 30, 2000.

HOME SWEET HOME: After Mats Sundin's emotional return to Toronto on Saturday, the attention now shifts to Montreal natives Alex Burrows and Roberto Luongo. Luongo's last game at the Bell Centre was a memorable one, as he made 30 saves in a 4-0 shutout of the Habs despite spending the night in hospital after taking a puck to the throat in practice.

METRO NEWS SERVICES

Jays' Wells out four weeks

BASEBALL Vernon Wells reported to Jays spring training last week looking to all like he was in great shape.

He cut the usual figure of a star athlete, and it was augmented by a new twist in his approach for the upcoming season — the hiring of a personal trainer who will work with him on a daily basis all season long.

All that — and his status for not only the opening of the Grapefruit League tomorrow, but potentially for Opening Day — was thrown into uncertainty yesterday when the Jays revealed their centrefielder suffered a recurrence of the hamstring injury that plagued Wells last season.

"He tweaked his hamstring again, he'll have an MRI (yesterday) and we'll know more (today)," Jays manager Cito Gaston said.

Jays GM JP Ricciardi estimated Wells timetable to reach as high as four weeks.

"It's preliminary right now, but it could be four weeks," Ricciardi said.

Wells will take treatments over the next few days unless the MRI shows a much more serious condition that would require surgery — but there was no indication of that yesterday. TORSTAR NEWS SERVICE

Sports in brief

NHL The NHLPA announced yesterday that $115,000 has been raised in honour of late Canuck Luc Bourdon. All proceeds raised will support scholarships and various youth-related initiatives through the establishment of the Luc Bourdon Memorial Fund. "NHLPA members have shown exceptional support in paying tribute to Luc Bourdon, who was a great friend to many," said Paul Kelly, NHLPA Executive Director. Bourdon was killed in a motorcycle accident last May.

CFL The B.C. Lions said yesterday that defensive back Korey Banks has agreed to terms on a contract extension through the 2011 season. The Lions signed defensive backs Dante Marsh and Jerome Dennis to contract extensions last week.

NEWS NBA Hall of Famer Charles Barkley was reportedly sentenced to 10 days in jail on Monday after he pleaded guilty to one misdemeanor charge stemming from his DUI arrest back on Dec. 31. According to the Arizona Republic, Barkley will have five days of his jail sentence suspended if he completes an alcohol treatment program.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS
San Jose 1 Dallas 0

TONIGHT'S GAMES
VANCOUVER at Montreal
Florida at Boston
Anaheim at Buffalo
Philadelphia at Washington
Colorado at Atlanta
Carolina at Ottawa
Chicago at Nashville
Los Angeles at Minnesota
Phoenix at St. Louis
Columbus at Calgary
Tampa Bay at Edmonton

NBA

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New York 123 Indiana 119
Boston 114 Denver 76
Utah 108 Atlanta 89
New Orleans at Sacramento
Golden State at L.A. Clippers

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Healthy food prices rising, report says

Respond by cutting spending — not nutrition

There are "startling discrepancies" in the cost of basic, healthy food at grocery stores across Canada, according to a report released by the Heart and Stroke Foundation this month.

Some Canadians, depending on where they live, are paying between two and six times more money for the same grocery cart of healthy foods, the report found. For example, the cost of a package of wholewheat pasta ranged from $2 in Barrie, Ont., to $11.37 in Dawson, Yukon.

To collect data for the report, the foundation recruited volunteer shoppers in 66 different communities.

The discrepancies in the cost of healthy food across Canada and between provinces is startling, said Stephen Samis, director of health policy at the Heart and Stroke Foundation.

Riding the **Recession**

"Access to basic healthy food should be a right, not a privilege," Samis said. "Yet many Canadians have trouble affording, or even finding, healthy food where they shop. This is a problem that may get worse given the downturn in the current economy."

A healthy diet is a key factor in preventing heart disease — the number one killer of men and women in Canada. Studies have shown that eating a diet rich in fruits, vegetables and whole grains can reduce the risk of heart disease by 30 per cent.

For Canadians looking for more ways to cut back on spending but not nutrition, registered dietitian Amanda Schwartz offers these tips:

COOK SEASONALLY Fruits and vegetables that are in season are cheaper than off-season fare. In the winter season try buying cabbage, carrots, garlic, kale, leeks, onions, parsnips, apples, kiwi, bananas and oranges.

PURCHASE FOODS THAT PROVIDE MORE BANG FOR YOUR BUCK Examples of fruits and vegetables that provide a high nutrient-to-price ratio include cabbage, carrots, oranges, bananas, frozen and canned fruits and vegetables.

HAVE BREAKFAST FOR SUPPER Eggs are a great, less expensive source of protein that can be eaten at any meal. Try making an omelet with a plethora of colourful vegetables and include whole grain toast or a sweet potato for a well balanced and filling dinner.

DO THE PREP WORK Bagged salad mixes and pre-chopped produce may save time but that extra convenience will cost you.

MAKE YOUR OWN SNACKS Popcorn is one of the most commonly recommended snacks by dietitians and is a snap to make. Buy an air-popper and make your own air-popped pop corn for a great low calorie snack. Also, try making your own trail mixes by getting walnuts and almonds and other nuts from the bulk bins and include dried fruits and pretzels.

SHOP WITH A BUDDY If you live alone try buying bulk-sized items and splitting them with a friend(s).

USE COUPONS Check out weekly fliers for great savings. METRO NEWS SERVICE

When grocery shopping, look for foods that provide more bang for your buck including products that are high in nutrients.

It's condom month: Protect yourself

The J Spot

Josey Vogels

Sex talk with Josey

ISTOCK PHOTO

February is condom month — a reminder to avoid taking risks with our sexual health, says our columnist.

With all the focus on love and romance this month, I almost forgot the fact that February is also condom month. But there's still a week to celebrate. Maybe I'll buy a box, blow them up and bounce them around the room like I did with my high school sweetheart to ease our nervousness the first time we had sex.

Condoms have come a long way since then. These days, condoms come ribbed, textured, ultra-thin, extra large, low-odour, specially designed for her pleasure, the list goes on.

So why is it, with so many condoms to choose from, so many of us still aren't using them? According to sexualityandu.ca, a Canadian sexual health information website, "of sexually active adults aged 20 to 24, 44 per cent reported having sex without a condom; (as did) 33 per cent of those aged 18 to 19; and 22 per cent of those aged 15 to17."

Not surprisingly, rates of sexually transmitted infections (STIs) like chlamydia, gonorrhea and syphilis have all increased in recent years. Higher rates are no doubt also due to increased awareness resulting in more people getting tested but still, last time I checked, unprotected sex is the only way you can acquire an STI. Sadly, we come up with all kinds of reasons not to practise safer sex. Fear, for one — fears that are greater than a nasty STIs or HIV — like the fear that, gasp, a guy might lose his erection if he wears a condom.

There are other reasons why we take the risk; in fact, in some cases, the thrill of the risk is one of them. In other cases, if you slip once with a lover and the sky doesn't fall, it's easier to slip again. Studies have even shown that people use logic as naive as "he looked clean" or "I trusted him" as reason enough to lose the rubber.

Most of us still aren't comfortable even raising the subject. We can talk about what restaurant to meet at for a date but we can't talk about taking care of each other's sexual health. Letting someone know that you care about him or her and wanting that person to be safe should be a positive, natural thing.

But, rather than risk spoiling the moment by trying to lunge over to the bedside drawer without injury, seductively tearing open a condom with your teeth and sliding it on, all without missing a beat, it's much easier to just go with the flow and let things unfold according to your desires.

And learn to live with the guilt. Hey, I'm Catholic — you can learn to live with guilt. Potentially life-threatening infections and diseases, on the other hand, not so much.

Happy condom month!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

TANNING People who suffer from winter depression known as seasonal affective disorder or SAD — or the less severe but more common "winter blues" — shouldn't seek relief in a tanning bed or booth, a leading expert on light therapy warns. SAD is often treated with daily sessions of exposure to bright light. But while some isolated reports have linked tanning to improvements in mood, said Dr. Michael Terman, the fact is that real light therapy works through the eyes, not the skin, and uses a completely different type of light. REUTERS

The return of Twilight
A reported release date for Eclipse, the third film in the Twilight saga, has been revealed. A source at Summit Entertainment tells MTV that Eclipse will arrive in theaters on June 30, 2010. New Moon rises in theaters on Nov. 20 of this year. **MSN.COM**

Entertainment

Taking it off

Although Oscar-winner Kate Winslet has vowed to stop taking her clothes off in movies, Hugh Hefner is holding out hope she'll grace the pages of Playboy, according to Digital Spy.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Mumbai celebrates after Slumdog's Oscar victory

Bollywood met Hollywood for real yesterday as Mumbai slum dwellers celebrated the triumph of Slumdog Millionaire, clapping, whooping and dancing like Indian film stars after the rags-to-riches romance swept Oscar gold.

Slumdog, an often dark but ultimately hopeful tale about a poor Indian boy who competes for love and money on a TV game show, won eight awards including best picture.

The film, shot in the teeming shantytowns of Mumbai, cast several children who live in the city's Garib Nagar slum, and who were flown to Los Angeles to attend the awards ceremony.

"I'm so happy that my daughter has won this award and I could see her on stage with such big stars," said Muni Qureshi, mother of eight-year-old Rubina Ali, who played the leading lady, Latika, as a young child.

Ali and the rest of her family live in a tiny, ramshackle home with no running water. Friends and relatives packed into the one-room house to watch the ceremony on the family's only visible sign of wealth — a large flat-screen television.

Nearby, neighbors also gathered outside the makeshift home of Azharuddin Ismail, who played the young Salim in the film.

"The fact that a poor man's child has made such a name for himself, that's what makes me most happy," his father Mohammed Ismail said.

MARIO ANZUONI/REUTERS

Slumdog Millionaire actress Rubina Ali holds the Oscar belonging to director Danny Boyle in Los Angeles on Sunday.

But Slumdog Millionaire has generated controversy in India, where some people find its name, and depiction of poverty, insulting.

Ali's mother Qureshi defended the film, saying it gave her daughter a chance to go on the trip of a lifetime.

"I know that this film has been criticized for showcasing poverty. But it has also meant that a girl from the slums of Mumbai who could not even imagine that she would go abroad has reached the Oscars, so how can that be bad?" she said.

REUTERS

Global Troubadour

International spotlight shines on hip-hop artist K'naan

BRYAN BORZYKOWSKI
for Metro Canada

To many hip-hop loving Canadians, Toronto rapper K'naan is already a household name. His brilliant 2006 debut The Dusty Foot Philosopher put the Somalia-born musician on the map and his star continues to rise. But south of the border, the buzz is just beginning.

"I played a sold-out show in L.A. recently and Matthew McConaughey and Tom Morello were there," he said excitedly from a tour stop in Oakland. "I don't even know how these celebrities are hearing my music."

It's safe to assume that the Hollywood crowd heard about Kanaan Warsame from the countless profiles in places like Wired, Rolling Stone and the L.A. Times, but there's also a good chance they got their hands on a copy of the artist's stunning sophomore effort, Troubadour.

Recorded in Bob Marley's Jamaican studio, the disc expands on the socially conscious sound that's turned thousands of listeners onto K'naan. He once again mines his life for material, while pushing his musical boundaries even further.

Somalia-born, Toronto-raised rapper K'naan recorded his sophomore album in Bob Marley's studio.

Besides rap, he tackles rock and reggae, even enlisting Metallica's Kirk Hammett on If Rap Gets Jealous for a guitar solo.

The diverse musical direction is definitely one of K'naan's selling points, but his passionate, and sometimes hard-to-stomach, lyrics are what drives his music. One especially gripping track is Fatima about the death of a girl K'naan knew in his hometown.

"She was the most beautiful girl in my neighbourhood," he said. "Her young life was taken (during the war) ... I had to have some space from it for years before I could do anything about that experience, but I thought it was a gift for people to hear that song about her."

K'naan in concert

- K'naan will be in Vancouver for a concert at the Commodore Ballroom on March 11. His latest album, Troubadour, was released this week.

It's stories like these that explain why the spotlight is shining bright on K'naan. But for many, rap revolves around the hardships in American ghettos, not war-ravaged Africa.

"I don't expect people to understand this," he said. "But there's a difference between feeling and understanding it. Music is so universal that the North Americans will feel the circumstances and get it in that way, even if they don't really understand where it's coming from."

Fortune has stopped smiling on J.D.

At this time just three years ago, J.D. Fortune was a month into the wildest ride of his life: a worldwide concert tour serving as frontman for Australian rock 'n' roll legends INXS.

The 18-month tour was a smash, in some locales drawing crowds as large as 80,000 people.

The band's first release with Fortune replacing the late Michael Hutchence on the mike, 2005's Switch, had given the aging band its most vital commercial presence since the multi-platinum heyday of such monster records as 1987's Kick and 1990's X, in no small part due to first single, Pretty Vegas. It appeared as though the Idol-esque "reality" TV series Rock Star: INXS had delivered the dream it had promised — instant rock stardom.

A few days ago, though, Fortune, 35, was ringing up old friends at Sony Music Canada on a borrowed cellphone, despairing that he had nowhere to stay that night and venting at the label because he'd been dumped from its roster and had bankrupted himself making a solo album that no one wanted to release. So much for harmony.

Why? Because despite its members' claims at the time of Fortune's Rock Star win in late 2005 that he was a permanent hire, INXS dumped its new singer off at the Hong Kong airport when the clock ran out on its 18-month Switch tour.

"The deals on those shows aren't great. He's definitely not set for life."
Lukas Rossi

Handshakes all around and a "thank you" and that was it, according to Fortune. The band didn't even bother to announce the firing.

Neither did Fortune, until last week when he brought his story to Entertainment Tonight Canada in an interview that was quickly picked up around the globe. Suddenly, the headline "INXS singer homeless and living in his car" was everywhere.

News of his exit from INXS caught even the band's long-time spokesperson Chrissy Camp by surprise.

"The members are scattered all around the globe at the moment," she told Australian newspaper The Daily Telegraph, saying the band would put out a statement about its future in the next couple of weeks.

Fellow Torontonian Lukas Rossi suffered a similar fate when his inaugural tour with Rock Star: Supernova, the second "real band" created by the TV show of the same name, wrapped up. The only difference in his story, he says, was that his all-star bandmates Tommy Lee, Jason Newsted and Gilby Clarke "didn't drop me off in Asia somewhere."

TANNIS TOOHEY/TORSTAR NEWS SERVICE

One-time INXS lead singer J.D. Fortune performs with the band in Toronto in February, 2006.

And, having been there, he believes Fortune is in dire straits. "The deals on those shows aren't great. He's definitely not set for life," said Rossi.

TORSTAR NEWS SERVICE

Women carve out influential roles in the world of horror

New doc aims to dispel myths about female contributions to the genre

CHRIS ALEXANDER
for Metro Canada

The realm of the movie macabre has long been a ghoulish men's club, with women being depicted as either beauty to the big screen's many beasts or sexually voracious vixens.

Either way, femininity in horror is more often than not a perversion of the male id, and part of this is because the ladies haven't stepped up to wrest control of the genre.

But, as the new documentary Pretty Bloody: The Women of Horror proclaims, the tides are turning.

Pretty Bloody sees East Coast-based filmmakers Donna Davies and Kimberlee McTaggart profiling a gaggle of intelligent modern women who have carved out their livelihood in the world of horror, including Vancouver-born scream queen and Fangoria Radio co-host Debbie Rochon and Toronto based Rue Morgue magazine editor-in-chief and human horror tattoo canvas Jovanka Vuckovic.

"We did this film to help dispel some of the myths surrounding women and horror," Davies says about her documentary.

"Women have actually had a huge influence on the genre, and not just as the helpless victim running from the monster, but as writers, directors and producers."

Pretty Bloody also profiles such noted fright-based females as Pet Sematary director Mary Lambert, dark fantasy writer Tanya Huff and cult actress Brinke Stevens.

Vancouver-born scream queen and Fangoria Radio co-host Debbie Rochon.

In a series of in-depth, revealing and frank conversations, these sophisticated, articulate individuals speak of the struggles they've endured trying to make their mark in a mostly male driven genre and the ways in which fans have responded to their respective legacies.

"Times have changed and women are making up a large percentage of audience for these films," Davies said.

"But female fans want to see a different kind of horror. They are looking for scares but want to see better developed story lines with stronger female leads that are sexy and kick butt."

Davies is also quick to note that the cathartic appeal of horror isn't necessarily gender specific, but rather a byproduct of the human condition.

"Everyone has a dark side but most of us are afraid to go there because society tells us it's wrong," she says. "So we repress that dark side and it comes out in our nightmares … and sometimes in traffic."

On TV

- Pretty Bloody: The Women of Horror airs tomorrow night on Space at 7 p.m.

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255	358	6	JOY	E! News	The Insider	The Biggest Loser (CC)		Ruby "Meet Ruby" (CC)		Ruby (CC)	Kimora: Fab	News (N)
254	-	8	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
250	321	9	CTV	etalk (CC)	Hollywood	Criminal Minds "Lucky" (CC)		Criminal Minds "Penelope"		Law & Order: SVU		News (N)
-	-	10	OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
252	336	11	GTV	Entertainment	ET Canada	NCIS "South by Southwest"		90210 (CC)		Project Runway Canada		News (N)
256	389	12	VI	Instant Star	TMZ (N) (CC)	Cold Case "World's End"		Law & Order: Criminal Intent		Comedy Now (CC)		News (CC)
253	359	13	CITY	Law & Order: SVU		Privileged (Season Finale) (N)		Curb-Enthsm	Curb-Enthsm	Curb-Enthsm	Curb-Enthsm	The List
-	-	14	CW	Deal-No Deal	Deal-No Deal	90210 (CC)		Privileged (Season Finale) (N)		Seinfeld	Seinfeld	Frasier (CC)
289	381	15	CBS	State of Union	The Insider	NCIS "South by Southwest"		Two/Half Men	Old Christine	To Be Announced		News (N)
287	379	16	NBC	State of Union	Evening Mag.	Inside Edition	Paid Program	Paid Program	The Biggest Loser (N) (CC)		The Office	News (N)
602	568	19	W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
288	380	21	ABC	State of Union	Jeopardy! (N)	Homeland Security USA (N)		Supernanny "Winter Family"		Primetime: What Would		KOMO 4 News
-	-	23	KVOS	M*A*S*H	Seinfeld	American Yakuza ★★ (1993, Crime Drama) Viggo Mortensen.				King	Still Standing	Scrubs (CC)
291	383	27	PBS	State of Union	About-Money	Nova "Rat Attack" (N)		Frontline (PA) (CC) (DVS)		Independent Lens (N) (CC)		
290	382	28	FOX	State of Union	Two/Half Men	Bones (PA) (CC)		The Simpsons	Family Guy	News (N) (CC)		Family Guy
-	364	43	PBS	State of Union	American Future: A History		Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Rat Attack"	
296	654	34	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Foreclosure
298	653	65	TLA	Two/Half Men	Two/Half Men	90210 (CC)		Privileged (Season Finale) (N)		KTLA Prime News (CC)		Friends (CC)
295	651	66	WGN	Basketball	WGN News	Family Guy	90210 (CC)		Privileged (Season Finale) (N)		Friends (CC)	My Wife-Kids
297	652	67	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Foreclosed	Frasier (CC)	Odd Couple
199	311	76	STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser (N)		Late Show-Letterman	

news

502	390	26	NW	Seeking Refuge (N) (CC)		CBC News: The National (N)		CBC News: The National		Seeking Refuge (CC)		National
500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live (Live)		State of the Union "2009"		Cooper 360

sports

407	419	22	RSP	Sportsnet	NHL Hockey Vancouver Canucks at Montreal Canadiens. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
400	400	30	TSN	(6:30) Curling 2009 Scotties Tournament of Hearts -- Draw 11. (Live) (CC)					SportsCentre	In This Corner	Score Golf	SportsCentre
411	457	49	OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Survivorman
410	403	54	SCR	Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score	Final Score	Final Score
417	406	55	SC	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
416	409	144	GLF	Footballers	Legends	Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News

family

552	543	25	YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
555	545	50	TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Orel
557	541	51	FAM	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	56	TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch

cable variety

268	354	5	KNO	Gardens	Recreat. Eden	Stephen Fry in America (CC)		The Choir "Boys Don't Sing"		None Without Sin (CC)		
575	583	20	CMT	Hope & Faith	Hope & Faith	Three Wishes (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
570	580	24	MM	Degrassi: TNG	Instant Star	The Shift		Redemption	Pimp My Ride	Video on Trail	Video on Trial	Video on Trial
600	564	25	H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
615	520	31	A&E	Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (CC)		The First 48 (CC)		Manhunters
628	584	32	SPKE	DEA (N)		Real Vice	Real Vice	CSI: NY "Stuck on You"		Disorderly Conduct: Video		Real Vice
521	560	34	TLC	Toddlers & Tiaras (CC)		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras (CC)		Kids by Dozen
616	522	39	SHO	The Outer Limits (CC)		Mutant X "Lit Fuse" (CC)		Testees (CC)	Trailer Park	The L Word "Litmus Test" (N)		House (CC)
620	523	40	BVO	Soul	Bryan Ferry	Law & Order "Shangri-La"		Without a Trace (CC)		Full Frontal ★★ (2002) David Duchovny. (CC)		
601	562	41	SLC	End of Leash	End of Leash	ET Canada	Matchmaker	Trinny and Susannah Undress		Trading Spouses		Biggest Loser
520	505	42	DIS	Extreme Loggers (N) (CC)		Daily Planet (CC)		Destroyed	Time Warp	Extreme Loggers (CC)		How It's Made
522	506	44	HIS	NCIS "Marine Down" (CC)		Ultimate Engineering (CC)		Ax Men "Market Meltdown"		NCIS "Marine Down" (CC)		Re-Inventors
627	528	45	SPC	Destination Truth (N) (CC)		Stargate SG-1 "Upgrades"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
294	650	47	TBS	The Office	The Office	10 Items-Less	Sex and-City	Sex and-City	Deuce Bigalow: European Gigolo ★ (2005)			10 Items-Less
619	525	48	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
603	561	52	FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge "Mac & Cheese"		The F Word (CC)		Good Eats
626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
320	621	60	CEN	(6:00) The Cradle (2007) (CC)		Delirious (2005) Steve Buscemi, Michael Pitt. Premiere. (CC)				(9:50) Shoot 'Em Up ★★ (2007) Clive Owen.		
581	566	101	MTV	From G's to Gents (CC)		MTV Live	After	The Girls of Hedsor Hall		From G's to Gents (CC)		MTV Live
261	394	102	V	I Prophesy	Supernatural	Poltergeist: The Legacy		A Dry White Season ★★★ (1989) Donald Sutherland. (CC)				Paid Program
-	-	109	MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Wild Roses
Relationships are on the front burner in this new episode, which finds Charlotte (Clare Stone) falling more deeply into Jude's (Landon Liboiron) world, while Will and Lucy's (Steve Byers, Sarah Power) romance heats up. Peter (Adam MacDonald) finds inspiration from his hospital roommate, and David (Gary Hudson) finds a possible source of support for his attempt to take over Rivercross. Kim Huffman also stars in "Sin and Redemption." 9 PM on CBC

Homeland Security USA
In this new episode, a Coast Guard agent stops a guy driving a personal watercraft through a manatee zone off Miami. In a collision between him and one of the big sea mammals, guess who'd probably win. Elsewhere, the skipper of a package-laden fishing boat runs from officials when the boat hits shore. And a guy who claims he's solved Natalee Holloway's disappearance is held for questioning. 8 PM on ABC

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Hawn avoids Oscar red carpet

Not every star likes the red carpet. Some like to sneak in the back. "It's so much nicer. No one's screaming," Goldie Hawn said as she arrived at a loading dock behind the Kodak Theatre about 45 minutes before Sunday's Oscar show. MSN.COM

Celebrity Buzz

Madge flaunts new boyfriend at Oscars

LOVERS Madonna was "all over" her new boyfriend Jesus Luz at the Oscars, femalefirst.co.uk reports. The 50-year-old singer went public with the 22-year-old Brazilian model for the first time, flaunting him at a pre-Academy Awards party last night.

A source said: "She was all over him at the Grey Goose pre-Oscars party at Cecconi's in Los Angeles. She was kissing his face off. Then she decided to invite him to join her at the actual bash — their first public outing together."

It was recently revealed the pop star is desperate to prove she is committed to Luz, following claims the Hung Up singer is only romancing the model to make her estranged husband Guy Ritchie jealous.

A source said: "Madonna and Jesus have spent all week planning their outfits for Oscar night. Madonna is planning on using the Vanity Fair party to introduce Jesus to the world as her new boyfriend."

METRO NEWS SERVICES

Anne has a ball at Academy events

PERFORMANCE During the Oscar show, Prince Charming — in the guise of host Hugh Jackman — swept Anne Hathaway into his arms. And, afterwards, she went to the ball, people.com reports.

The Academy's Governors Ball, that is, immediately following the Sunday night ceremony in the Kodak Theatre. The evening was so rich that the Rachel Getting Married best actress nominee, 26, told People she had a hard time singling out a favourite moment.

"There's so many," she said before quickly amending her answer to, "I'd have to say being in Hugh Jackman's arms and him carrying me on stage."

Their number, part of a satirical musical salute to the nominated movies — in this case, Frost/Nixon, with Hathaway as the former president — was rehearsed for "about a week," she said.

"I didn't really have that much input for what went into it. They just said, 'Show us what you got, and we'll work around that.' I'm a theatre-trained actress, so that kicked in for the singing.

"I think I was nervous for that performance and nervous about the nomination that the two just cancelled each other out," she said.

METRO NEWS SERVICES

Aniston takes Brangelina in strides

APPEARANCE While Slumdog Millionaire piled up the Oscars Sunday night, Angelina Jolie and Jennifer Aniston defied expectations and piled on the smiles — as their dual appearance at Hollywood's night of nights was as smooth as the silk gowns that filled the Kodak Theatre, people.com reports.

Jolie, of course, attended with her partner and fellow nominee, Brad Pitt, while his ex-wife, Aniston, was accompanied by her boyfriend, John Mayer.

When it came to the seating arrangements in the Kodak, Mayer and Aniston were not far from Pitt and Jolie — just about 12 seats away.

METRO NEWS SERVICES

Beckhams want to renew vows

RELATIONSHIP David and Victoria Beckham are planning to renew their wedding vows, femalefirst.co.uk reports. The soccer star and the former Spice Girl have told friends they want to celebrate their 10th anniversary in July with a lavish commitment ceremony. A source told Britain's Daily Express: "David has promised Victoria that they will renew their vows at the beginning of July, around their 10th wedding anniversary."

METRO NEWS SERVICES

Awards show like 'date' for Pitt, Jolie

COUPLE While Brad Pitt and Angelina Jolie were making a glamorous appearance at the Academy Awards, what were their six children doing at home?

"Throwing spaghetti against the wall," Pitt told People magazine on the red carpet at the Kodak Theatre in Hollywood. Which was just fine with two of Sunday night's nominees — Pitt as best actor for The Curious Case of Benjamin Button, and Jolie for best actress in Changeling. Neither picked up an award.

"We've been planning on this for months," Pitt joked.

"I like to think of it more as a date," added Jolie.

METRO NEWS SERVICES

Nicole's pals welcome baby news

PREGNANCY Now that Nicole Richie and boyfriend Joel Madden have announced they are expecting a second child, their friends are brimming with well wishes for the couple, people.com reports.

"I'm so excited for Nicole," Paris Hilton told People at the first annual Leeza Gibbons Night to Make a Difference in Beverly Hills. And Hilton's mom, Kathy, has a hunch that Richie, 27, may be seeing blue this time around. "I think it's going to be a boy," said Kathy. "I'm never wrong."

As for the expectant mom, "she's a cool chick," Chuck actor Zachary Levi, who worked with Richie when she guest-starred on the show, told People at the Fox Searchlight Oscar party. "I think that they'll be a good unit to hopefully bring up their kids in a way where they are stand-up individuals who lead their generation into being a good one."

Actress — and mother of three — Angie Harmon said Richie's experience as a mom to one-year-old daughter Harlow will make parenting the second time around much easier.

"She knows what she's doing since she already has one," Harmon said at Prince's party for his website LotusFlow3r.com.

Harmon also had a request for the fashion-savvy star: "Start a maternity line."

METRO NEWS SERVICES

Travolta opens charity in memory of dead son

FOUNDATION John Travolta has launched a charity in memory of his dead son, femalefirst.co.uk reports.

The Hollywood actor and his wife Kelly Preston — whose 16-year-old son Jett died from a seizure in January — have created the Jett Travolta Foundation to help children with medical and emotional needs.

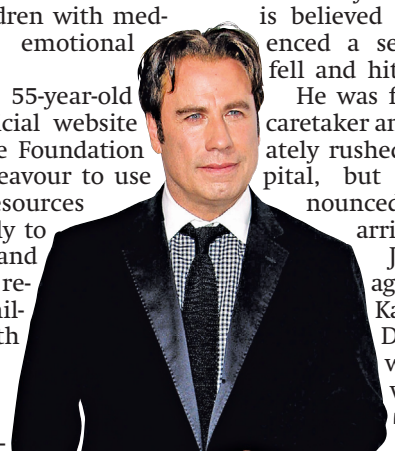
The 55-year-old star's official website says: "The Foundation shall endeavour to use its resources specifically to assist and provide relief to children with vision, hearing, mobility, communication, behaviour learning impairments or other special medical, environmental, health or educational needs."

Jett was found lying motionless in a bathtub on Jan. 2 at his family's Bahamas hotel. The teenager had a history of fits and it is believed he experienced a seizure and fell and hit his head.

He was found by a caretaker and immediately rushed to a hospital, but was pronounced dead on arrival.

Jett was diagnosed with Kawasaki Disease when he was two.

METRO NEWS SERVICES



Rourke dishes on facial fixes

SURGERY Best actor Oscar nominee Mickey Rourke isn't happy with the plastic surgery he received to fix facial injuries he incurred during his boxing career, saying he "went to the wrong guy."

"I had to have cartilage taken from my ear to rebuild my nose and a couple of operations to scrape out the cartilage because the scar tissue wasn't healing properly," Rourke said, according to German newspaper Die Welt. "That was one of the most painful operations, but the worst was hemorrhoids."

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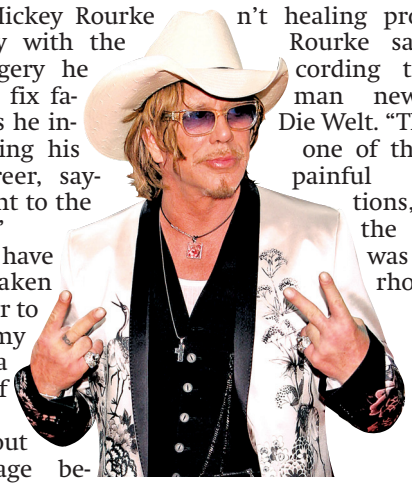
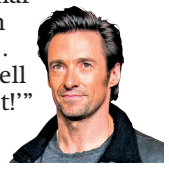


Jackman grilled over gay rumours

SEXUALITY In her Oscar special, Barbara Walters grilled Hugh Jackman about persistent rumours that he is gay. Jackman said that when his wife would come see him in The Boy from Oz on Broadway, "She used to go to the bathroom … and she would hear people going 'I know he's married, but I'm sure he is' … she would yell out, 'He isn't!'"

METRO NEWS SERVICES



Woman trouble for Winehouse?

INCIDENT Amy Winehouse's rampaging recuperation in the Caribbean continues, and the troubled singer can now reportedly add same-sex home-wrecking to her list of hobbies. According to the Daily Mirror, a woman vacationing at the same St. Lucia resort was shocked to return to her hotel room and find her female partner in bed with the Rehab singer. "It was a horrible thing to have to see — her girlfriend and Amy all over each other like that," a source told the newspaper.

METRO NEWS SERVICES

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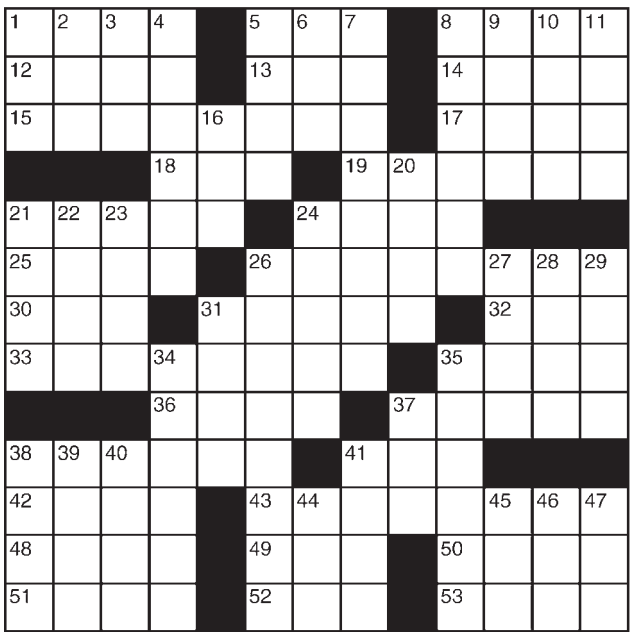

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4		2			
	6						2	
7		8				9		6
		9	5	3	4	2		
3								4
		5	6	9	7	1		
6		4				8		1
	5						3	
			3		8			

Crossword across

1 Ms. Moore
5 Occupation, for short
8 Stitches
12 With 13-Across, hematite
13 See 12-Across
14 Met melody
15 Breadwinner
17 Chain component
18 Whatever number
19 Vitamin C source
21 "Surprise Symphony" composer
24 Throat clearer
25 Lotion additive
26 TV crime drama
30 Put into words
31 J.C. Harris' "Uncle —"
32 "Hail, Caesar!"
33 Don King, e.g.
35 Faucet problem
36 Sleeping
37 Daily trio
38 One taking great interest in his work?
41 Cushion
42 Picard predecessor
43 Max Bialystock, for one
48 Advantage
49 Sailor's assent
50 "Arrivederci"
51 Crystal gazer
52 Trawler gear
53 Deserve

Crossword down

1 Party bowlful
2 Screw up
3 Cattle call?
4 Encroach upon
5 Corpse
6 Anger
7 Crucial time
8 Hero material
9 "— Brockovich"
10 Airplane part
11 Benefit
16 Hostel
20 Umps
21 Padlocked fastener
22 Re 10-Down
23 Vacillate
24 Ready for battle
26 Mary Martin role
27 Zhivago's love
28 Satanic
29 Agents, briefly
31 Judicial garb
34 IOU
35 Figure out
37 Angry
38 Guitars' kin
39 Faction
40 Incite
41 Versifier
44 "Catcher in the —"
45 KGB counterpart
46 Listening device
47 Director Howard

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	2	4	6	7	3	8	5	1
1	7	3	5	2	8	4	6	9
5	8	6	4	9	1	7	3	2
7	6	5	1	3	9	2	8	4
3	4	2	8	6	7	9	1	5
8	9	1	2	4	5	3	7	6
4	1	7	3	5	2	6	9	8
6	3	8	9	1	4	5	2	7
2	5	9	7	8	6	1	4	3

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Rice with Chickpeas

INGREDIENTS:
1 tbsp (15 ml) canola oil
1 onion, sliced
1/4 cup (50 ml) medium curry paste
1 cup (250 ml) basmati rice, rinsed
2 cups (500 ml) water
1 sweet potato, peeled and chopped into small chunks
4 tomatoes, chopped
1/4 cup (50 ml) sultana raisins
14-oz (398-ml) can chickpeas, drained and rinsed
1/4 cup (50 ml) chopped fresh coriander
1/3 cup (75 ml) unsalted cashews, roughly chopped

METHOD:
1. Heat oil in large pot and fry onion over medium heat 8 minutes, stirring until pale golden. Add curry paste and stir-fry about 1 minute.
2. Stir in rice, then add water, sweet potato, tomatoes and raisins. Bring to boil, then reduce heat to simmer. Cover pan and leave on low heat 20–25 minutes, stirring occasionally, until rice is just tender and water has been absorbed. Add more water if the mixture becomes too dry before the rice is cooked.
3. Stir in chickpeas and gently heat through. Stir in coriander, season to taste and scatter with cashews before serving.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Being subtle will get you more information. Something will cause you to feel breathless. A miserable man is strange but he will be effective.

TAURUS
APRIL 21-MAY 21
A friend is in a difficult situation due to fascination. Concerns about leadership will dominate. You will experience a failure to communicate.

GEMINI
MAY 22-JUNE 21
You're forced to discuss a tough issue. The changes due to an unusual event will please you. You'll be delighted when you achieve recognition.

CANCER
JUNE 22-JULY 22
You want to be spontaneous but a latecomer gets in the way. You must shake off any masochistic moodiness. Parental interference causes a quarrel.

LEO
JULY 23-AUG 23
You're in the mood to clown around. Beware of a vexed person in a secret meeting. You'll surprise yourself during a presentation.

VIRGO
AUG 24-SEPT 22
You'll have a meaningful encounter with a friend. Your loved ones will finally get back to normal. A brash young man really wants your approval.

LIBRA
SEPT 23-OCT 23
There's a problem with a romantic encounter. You'll see that nothing can be done in a battle of wills. A religious remark will cause trouble.

SCORPIO
OCT 24-NOV 22
Everyone wants you to do the dirty work. A little man will cause delays in reaching your goals. You know more than you think.

SAGITTARIUS
NOV 23-DEC 21
A whimsical friend overwhelms your senses. A sympathetic response will release you from a burden. A happy moment will be cherished.

CAPRICORN
DEC 22-JAN 20
There'll be intriguing phone calls made today. A private weakness will be revealed by a guilty person. Pay attention to someone who has a grievance.

AQUARIUS
JAN 21-FEB 18
A shrewd guy leaves you to pick up the pieces. Continue a discussion to clear up confusion. A wounded friend wants to re-establish a connection.

PISCES
FEB 19-MARCH 20
A confrontation has to be acknowledged. Don't bother questioning the cause of a predicament. Someone's cheerfulness is an intimidation tactic.

This day in history

FEB. 24, 1868: The first parade to have floats is staged at Mardi Gras in New Orleans, La.
FEB. 24, 1917: World War I: The U.S. ambassador to the United Kingdom is given the Zimmermann Telegram, in which Germany pledges to ensure the return of New Mexico, Texas, and Arizona to Mexico if that country declares war on the United States.
FEB. 24, 1920: The Nazi Party is founded.
FEB. 24, 1981: Engagement of The Prince of Wales and Lady Diana Spencer announced.
FEB. 24, 2008: Fidel Castro retires as the President of Cuba after nearly fifty years.

METRO NEWS SERVICES

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